EXPERIENCE JAPAN IN NEW YORK CITY

CHOPSTICKS NY®

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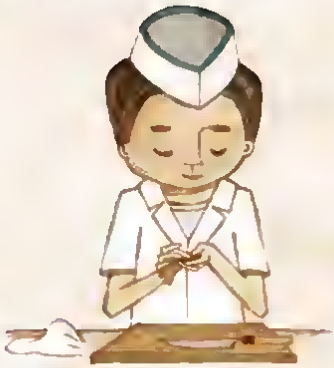
Ultimate Sushi Guide

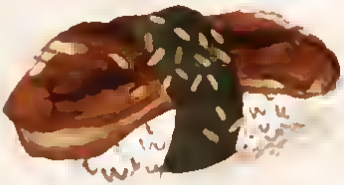
From Edomae to Creative Rolls

SPECIAL INTERVIEW

Hideki Noda

(Actor/Playwright/
Artistic Director of Tokyo Metropolitan Theater)





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Daishichi's Sake, Praised by the Whole World

Second from the left is Mr Poussier. Third is the President of the International Sommelier Association (ASI), Mr Shinya Tasaki

Praise from the Best Sommelier in the World

At a Gala Dinner organized by the Parisian Sommelier Association where the best sommeliers from the world were gathered, Daishichi had the honor of being the first sake to be introduced. Daishichi was selected by Olivier Poussier, winner of the World Sommelier Competition in 2000 (second from the left).
"The Daishichi Sake Brewery typifies the traditional Kimoto-method. Despite that its home base, Fukushima Prefecture, was hit this year by a terrible earthquake and nuclear accident, Daishichi is one of the best sake houses of Japan." Mr Poussiers words were greeted by warm applause.

Gala dinner organized by the Royal Family of the Netherlands

From the left, the President of the Daishichi Sake Brewery, Mr Hideharu Ohta and Princess Margriet

In December 2010, in Palace "Het Loo," situated in beautiful wooded surroundings, the Daishichi Sake Brewery took part in a Gala Dinner hosted by Princess Margriet and her husband. On all tables Daishichi's Minowamon sake was beautifully displayed together with flower arrangements. It was a historical moment that sake was served for the first time at a gala dinner of a European royal family.

The solid Triple Crown of the Japanese sake world. Also brewing sake for a World Heritage Site.

From the left: "Minowamon" (Junmai Daiginjo), "Junmai Kimoto Yamada Nishiki", "Kimoto Umeshu" (plum sake)

For two consecutive years, in 2009 and 2010, Daishichi has obtained first place in three divisions of the Japanese Sake Competition "Great Show of Local Sakes," a splendid feat of historical proportions.
Daishichi will also brew special sake for the 1200th Anniversary of the Buddhist temple mountain Mt Koya, a UNESCO World Heritage Site.

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CHOPSTICKS NY

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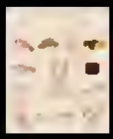

The theme on the cover of this month's issue is "Sushi". To find out more about it, check out the featured articles from page 7

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"CULTURAL DIFFERENCES MAKE TRANSLATION MORE DIFFICULT."

—— HIDEKI NODA

HIDEKI NODA
Hideki Noda is a Japanese actor, playwright and theater director, an advocate for promoting modern Japanese theater in the international scene. he has written and directed more than 40 plays. Highly respected in the Japanese theater industry, Noda moved away from traditional Noh and Kabuki theaters and became well known for his use of language and word play, employing old terminology from classic literature in modern ways. Born in Nagasaki in 1955, Noda made a name for himself after the release of his play *The Advent of the Beast* in 1981, for which he won an award. His first international piece was *Akaoni* (Red Demon). Recently his collaboration with playwright, Colin Teevan, includes the English version of *THE BEE* and *The Diver*, of which Noda is also a cast member. Since 2008 he acts as artistic director of Tokyo Metropolitan Theatre in Ikebukuro as well as professor in Tama Art University's Department of Moving Images and Performing Arts

Hideki Noda has been a leader in Japan's theater arts industry as a top playwright, theater director and actor for over 30 years. He has enthusiastically worked overseas to facilitate intercultural theater productions, and he just unveiled his multicultural, collaborative production of THE BEE this January at Japan Society. In the middle of its 10 consecutive day run, Mr. Noda chatted with Chopsticks NY about the production and the future direction of Japanese theater arts

The world tour of *THE BEE* started in New York, but was this intentional?
I have been wanting to present this play in New York for a while. At the time I made it in 2006 in London, I was interested in how the subject matter would be received in New York.

Do you think you can tell the difference in the audience when you are on stage?
To be honest, I don't really feel a difference. This is not the type of play that leaves excitement in the audience's mind after watching, but rather it creates a feeling of unpleasantness that viewers are made to wonder about [laugh]. My explanation may make this play seem unentertaining, but I can guarantee that there is enough entertainment.

I watched it yesterday and found that the audience's reaction was interesting. In the first half, I heard a bit of laughter, but...
Actually, I enjoy it when people are laughing, and I think, "Go ahead and laugh now, because soon you won't be able to." [laugh]. I think today's audience dragged the laughter out for quite a bit.

Yesterday there was silence at the end.
This is as expected.

Where did you first get this idea?

We started off with a play in London, not *THE BEE* but the play *Akaoni* (Red Demon). Afterwards, when I was assigned to do a workshop in London, I was thinking about what would be a good subject matter. It was in 2003 when the Iraq war just began, and I came across a short story by Mr. Yasutaka Tsutsui. I really wanted to see how this kind of story would be received amongst Westerners, so I started by getting various feedback from the workshop. It turned out that this Japanese story, written in 1974, fit perfectly with what was currently going on globally. At the same time, I knew that as a theatrical piece it was the type of story that would induce antipathy in the audience because it has rape and other graphic scenes. So what I did with the British actors was to bridge the extreme gap between appropriateness and inappropriateness. During the development process, we thought of gender replacement.

Are the performances in London, Tokyo and New York different?

They're not that different, but the way they end are a little different. Actually, when it was performed in London it was made very carefully. I thought there was no room for debate, but as we continued to practice the actors ended up finding stuff, saying things like, "So…, I have an issue here…" [laughs]. I thought, "What's wrong?", but the questions they brought up were interesting, and we ended up making some subtle changes. This time, I added one skit between the last sentence and the one before it in the very last scene. In previous productions the ending was similar to fading out, but this time we added one interpretation and give a little clearer statement. I'm still not sure if this ending is better than the previous style, but we have decided to do it this way this time anyway.

When it comes to Japanese performing arts, classic productions like Noh and Kabuki are mostly introduced and well received outside of the country, but modern dramas are not appreciated in the same way.

Modern drama productions by Japanese theater groups are barely appreciated outside Japan. Among the reviews that I first got during a festival in Edinburgh, there was something that went roughly like this: "If you think Japanese theater arts are grave and slow, that will be overturned after watching Noda's play that is both light and fast paced." In a sense, my play is the exact opposite.

There are not many Japanese theater members working in English, are there?

As for actors, there are people who work and live overseas, but as far as doing collaborations I guess I'm one of the first ones. In reality, collaborative work in dance performance is easy but something involving "words" is not that easy. Speaking of *THE BEE*, we decided not to translate it from Japanese and developed it with an Irish writer in English. When I did the play *Akaoni*, I wrote everything in Japanese from the beginning and translated it into Thai. This worked well in Thailand, so I wanted to try the same thing in England but it didn't work as easily. I think the theme of *Akaoni* was difficult for Western society as it has a different style community than Asian society, but there were a lot of obstacles in translating the piece into English. *Akaoni* deals with an alien (Akaoni) who goes into a closed society and causes turmoil, and it is easily accepted in Asian societies that have clear distinctions between communities. On the other hand, communities in Europe which involve different ethnicities and religions are more complex, and it is hard to draw clear distinctions between one community and another. This cultural difference makes translation more difficult. So I developed *THE BEE* with local actors and a writer.

You were appointed as the artistic director of the Tokyo Metropolitan Theatre. Will you be trying to promote Japanese theater outside of Japan?

Yes, I think we have to release Japanese theater productions more and more outside Japan, while introducing good foreign works to Japanese audiences. Seeing more productions from abroad will definitely enrich and sharpen their views. There is a tendency for productions in Japan to be ready to go public while they are still at a loose, incomplete level. However when in doing production outside Japan, especially in England, things are more strict. Like I said before, actors have a lot of questions and never compromise. What I can do is to fill in the gap. I might not be able to achieve this mission when I'm alive, but 30 or 50 years down the road the situation will likely improve and transform into a different phase.

Would you like to continue making collaborative works overseas?

Sure. But to do such productions overseas requires a certain budget. The budget necessary for theater arts is not that huge, but somehow it's always difficult to raise money [laugh]. I could raise just enough money for productions now, but compared to the situation in the Korean theater industry, Japan suffers from insufficient budgets. I think it's a critical issue. In the future, it will be an issue not only for Japanese culture but also for the country itself. The mind and spirit are invisible, and therefore money is not spent on enriching them although this is really important.

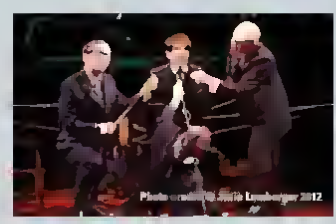
—— Interview by *Hideo Nakamura*

THE BEE

Directed by Hideki Noda
Co-written by Hideki Noda and Colin Teevan
Performed by Kathryn Hunter, Glyn Pritchard, Clive Mendus and Hideki Noda

Based on a bizarre, dark, slapstick short story, "Mushiiro" written by Yasutaka Tsutsui, THE BEE depicts a double hostage drama set in Tokyo in the 70s and deals with the "silly fear" that undermines ordinary people's minds. Hideki Noda spent over three years developing the program with actors and a playwright in England before premiering it in London in 2006. Olivier Award winner Kathryn Hunter plays a Japanese businessman, who has his wife taken hostage by a prisoner escapee and takes the escapee's wife as hostage in return. Noda himself plays the escapee's wife. Switching the gender of the performers adds complexity in this logically illogical and hilariously painful piece.

THE BEE is currently being performed at Suitengu Pit in Tokyo until March.



Food

Artisanal Bread Every Day at Zaiya

The popular Japanese bakery, Cafe Zaiya has worked tirelessly to produce tasty and creative items. Now it has just introduced several new breads that reflect this artisanal approach

Zaiya's already popular *White Bread* has been reborn using a new flour After years of searching for the best flour for its *White Bread*, Zaiya recently discovered the perfect one This unbleached flour is made exclusively for Zaiya with medium-to-hard wheat cultivated and milled in Canada. Its gluten content is less than that of regular bread flour, and the result is bread with an unbelievably fluffy texture and a palate-pleasing moistness. Zaiya also makes its *English Bread* and *Tofu Bread* with this flour

Royal Danish Bread is another new addition. Buttery Danish dough is braided before it is baked, giving it interesting layers of flavors and textures, intertwining richness, sweetness, airiness and gooey-ness *Royal Danish Bread* tastes great fresh, but toasting it lightly makes the buttery flavor surge and spread in your mouth Apply a little bit of honey on the toast for a blissful experience.

Pursuing healthfulness is also important to Zaiya Its *Moroheiya Roll* contains a chunk of moroheiya, a green vegetable cultivated in Egypt since ancient times and known as a superfood with great nutritional value Richer in dietary fiber, vitamins, and calcium than many other healthful vegetables like spinach and carrots, the vegetable is typically used in traditional Egyptian dishes and stews, but Zaiya's bakers dared to mix it into their roll, maximizing the baked good's nutritional value.

Whether you like starting your day nicely or filling your lunchtime and snack time with high-quality food, Cafe Zaiya will always be on your side

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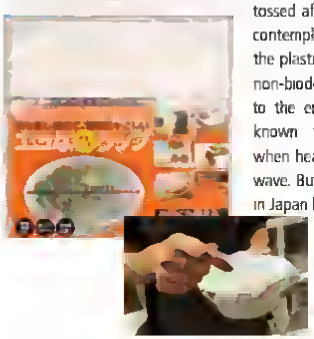
(Kinokuniya Bookstore) 1073 Avenue of the Americas, New York, NY 10018
(East Village) 69 Cooper Sq., New York, NY 10003
(Fort Lee) 250 Main St. Fort Lee, NJ 07024
www.zaiyany.com

Product

Silicon Eco-Wrap: Toxin-Free and Eco-Friendly

Sometimes, we do things that are harmful to our bodies and environment without meaning to One such way is with the use of plastic wraps in the kitchen These wraps we often use for storing foods, and for heating up leftovers, are tossed after one use without much contemplation In reality, not only is the plastic used to make the wraps non-biodegradable and harmful to the environment, they are also known to produce carcinogens when heated or used in the microwave. But not to worry A company in Japan has come up with a friendlier alternative, the Silicon Eco-Wrap



The Silicon Eco-Wrap made its debut in the Japanese market a few years ago, and is now a must-have kitchen item that is regularly sold in stores throughout Japan. The alternative is made with silicon, and does not produce any toxins harmful to the human body. It is also very resistant to extreme heat and cold (-94°F to 356°F), making it perfect for various kitchen use. It can be used just like a plastic wrap, stretched over the container or dish to create a lid to keep things fresh, as well as act as a stopper or placement pad for hot pots and pans, and for extra grip to open bottles. It stretches twice its size and a pack of Eco-Wrap comes with two circular sheets in different diameters (8.6" and 6") so that it accommodates any size container.

Since the Silicon Eco-Wrap is reusable, all you have to do is to wash it after each use. For just $16.80, it replaces all your plastic wrap needs and eliminates toxins from the kitchen. From the money in your wallet, to unnecessary plastic in landfills, just imagine how much saving one can do

Japanese Culinary Center
711 3rd Ave., New York, NY 10017
TEL. 212-661-3333 / www.japaneseculinarycenter.com

Product

Japanese Art Form of Bonsai Commemorated on Forever Stamp

The Japanese art form of bonsai has long been a well-known aspect of horticulture here in the States, but it has now received official recognition from the United States Postal Service. Literally meaning "plant in a pot", bonsai will be taking the country by storm with the issuing of five different 45-cent Forever stamps bearing their image. These varieties will be azalea, banyan, black pine, sierra juniper and trident maple, and their beautiful designs are likely to further increase the popularity of this portable plant.

According to U.S. Postal Service Sacramento District Manager, Al Santos, at the location where the stamps were dedicated, "Bonsai is an art form that stems from ancient, oriental culture and the art of the bonsai is a rare form of beauty and craftsmanship which takes a lot of care and patience." Indeed, they are created from a cutting, seedling, or small tree of a species suitable for bonsai development and carefully cultivated with techniques like pruning, root reduction, potting, defoliation, and grafting to produce small trees that mimic the shape and style of mature, full-size trees.

The issuance of the Bonsai Forever stamps is part of the Postal Service's initiative to issue more different, colorful and pretty designs in booklet form that most Americans use. In addition to purchasing the stamps through the Postal Service, many grocery, pharmacy and big box stores are expected to offer them to their customers in booklets of 20. These special stamps are surely the next best thing to actual bonsai for providing comfort and allowing one to escape the hustle and bustle of everyday life.

*Bonsai Forever stamps are on sale at Post Offices nationwide, online at usps.com and by phone at 800-782-6724.

From Japan

The Ultimate Restaurant for the Health-Conscious

TANITA Corporation is a producer of weight scales and body fat scales with even their company cafeteria well known for its health conscious menus. The recipe books that feature their cafeteria menu, *Body Fat Scale TANITA Company Cafeteria*, is a big best-selling recipe book commonly known in Japan. This January, TANITA opened "Marunouchi TANITA Shokudo" in Tokyo's business center of Marunouchi where they serve the same menu offered at their own company cafeteria.

The restaurant, open only from 11 a.m. to 3 p.m. on weekdays, has two menus — a daily lunch and weekly lunch — each of about 500 kilocalories and containing only around 3 grams of salt. The daily lunch is exactly the same as served in the TANITA company cafeteria, and the weekly lunch is a special meal original to Marunouchi TANITA Shokudo. The restaurant has been a big hit and has been packed since the day it opened. It now controls crowds by distributing numbered lunch tickets every morning at 8:30, creating a system where customers come in at the time written on their ticket.

The secret to this restaurant's success is creating a menu that incorporates health and diet management, but also with various appealing features. Within the restaurant there is a consultation room where a commercial MC980 Multi Freguency Segmental Body Composition Monitor is set up. In addition to the benefit of getting measured, you can also receive advice from professionals like staff dieticians. Currently Marunouchi TANITA Shokudo operates only as a restaurant, but going forward TANITA plans to use it as a rental space or showroom. The venue would be the epicenter of trends and information for health-conscious Japanese.

Info: http://www.tanita.co.jp/company/shokudo/index.php
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ULTIMATE SUSHI GUIDE

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LISTINGS

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Japanese Restaurant Guide

1 WHAT IS REAL SUSHI?

Though it originated in Japan, "sushi" has evolved outside of the country in its own way and is now enjoyed all over the world. On this side of the Pacific, sushi is synonymous with healthy food, and its styles and prices widely range from take-out lunches to high-end sushi bar dining. To initiate readers into the fun, complex and yummy world of sushi, we will provide plentiful information that both beginners and connoisseurs can benefit from.

DEVELOPMENT OF SUSHI

The first and best way to understand the world of sushi is to make clear what sushi really is. The prototype for sushi was actually not what you might be familiar with. It was a fermented food made with fish, salt and rice. When people ate the dish, they removed the rice because it was simply an agent to promote fermentation. This was over 1000 years ago during the Heian Period (794-early 12th Century). In the Muromachi Period (1336-1573), the dish evolved into a style where people ate the rice along with the fermented fish. Finally in the Edo Period (1603-1868), sushi similar to the style we currently enjoy was born along with the invention of *su* (rice vinegar). Thanks to su, people became able to experience the appetizing sourness without waiting for the long fermentation process.

ESTABLISHING THE "EDOMAE" STYLE

During the Edo Period sushi developed into many styles, but the most thriving type was the Edomae style which became popular in the city of Edo (the name for Tokyo during the Edo Period). In a broad sense, Edomae sushi refers to nigiri-zushi (or nigiri for short), bite-size balls of sushi vinegared rice with toppings harvested mainly in Tokyo Bay. At the time it was served to Edokko (people in Edo who are characterized as being busy and quick) as a fast food at vendors: quickly made to order and quickly turned around. However, since the refrigerator had not yet been invented at the time, sushi chefs had to craft different methods for maintaining the seafood's freshness and flavor. These included curing fish with vinegar, marinating it in original sauces, and grilling and boiling it, and the sushi chef had to change them according to the type of seafood. These preparation steps had to be completed before they opened business for Edokko. Another important point is that Edomae sushi became associated with seasonality because they had to provide fresh ingredients. This came partly from technical restrictions and partly from the personality of the Japanese people. In those days, Edomae style sushi was a commoners' food, but today it's considered a delicacy because many skills and much experience is required to make it.

Also, during the Edo Period in the Kansai region (the western part of Japan housing Kyoto and Osaka), people commonly enjoyed sushi as oshi-zushi (also known as hako-zushi or bo-zushi), a style that pressed layered topping(s) on sushi rice. Even after Edomae style sushi swept the nation, oshi-zushi was still popular among people in this region.

A VARIETY OF STYLES

There are other popular styles of sushi enjoyed in Japan. Maki-zushi or makimono, which is known as rolls here in the U.S., are mainly categorized into hosomaki (thin rolls) or futomaki (thick rolls) in Japan. The former rolls have a single ingredient and are cut into bite-size pieces, while the latter roll has multiple ingredients and the piece is still a mouthful after being cut. Also, it should be noted that maki-zushi in Japan is rolled with nori seaweed on the outside.

During celebratory occasions people enjoy chirashi-zushi, of which there are also two types. One is sushi rice topped with an assortment of fish and other common sushi ingredients, and the other is sushi rice mixed with such ingredients. It's relatively easy to make, so people often make it at home. Inari-zushi, sushi rice wrapped in seasoned abura-age (deep fried tofu), is made at home as well and is a popular bento item.

What's enjoyed in the U.S. are mainly nigiri-zushi and makimono (roll).

NEW TWISTS AND EVOLUTION

As mentioned, the origin of sushi was a fermented dish that developed into a dish that employs preservation methods. This can be interpreted to mean that sushi has an abundance of umami components. In other words, sushi is the ultimate umami fast food which represents seasonality and involves masterful techniques. But as time went by and technology advanced, other original transformations took place.

Major change occurred in the 1960s with the invention of ura-maki (inside out rolls), best represented by the California Roll. It has great appeal to non-Japanese who are not familiar with and not always fond of nori seaweed. Also, many ura-maki items use vegetables and cooked ingredients, which is tempting for non-raw fish eaters in Western society, but more significantly chefs can make ura-maki without knowing the complicated preparation techniques that Edo-mae sushi requires. In addition, it's less expensive to make. Ura-maki and creative rolls promoted the popularity of sushi and changed people's sushi eating habits in America.

Kaiten-zushi (conveyor belt sushi) is another important creation that largely affected the market. Serving various kinds of sushi items at exceptionally low prices in an amusement park-like setting, kaiten-zushi was an incredible revolution in the sushi industry. The success of its franchising in Japan also transformed the way people enjoy sushi.

There is no rule for enjoying sushi, but people in this country may be confused about what it really is. Understand the spirit, art and evolution of sushi in order to enjoy it on a deeper level!

2 COUNTER SEATING: THE AUTHENTIC SUSHI EXPERIENCE

Recommendations for beginners: First try a sushi combo or sushi deluxe that contain an assortment of sushi items and find what you like and what you don't. Then, move on to the counter seating level to enjoy *okonomi*. The more you know about sushi, the more you appreciate the art of the cuisine.

Although it may seem like nothing more than a convenient seating spot for those who dine alone or as a couple, counter seats are the norm in Japan. In fact, the life of a sushi joint is the counter seating, and there are very good reasons for that.

The first thing one would notice when going to a sushi joint in Japan is its itty bitty size and the fact that very few of them have table seats. That is because sushi first originated as fast food, and the remnants of that is still very alive. "Sushi was meant to be eaten standing and by hand," explains Mr. Osada, executive sushi chef of Hatsuhana, one of the first sushi restaurants to bring authentic, traditional sushi as well as counter seating to New York. "Sushi is also meant to be eaten the second the chef puts it down in front of you because that's when it's best. It's that combination of cold fish over warm rice. That's what people enjoy and savor. If you sit at a table, by the time the waiter brings it to you, that magic is gone."

Another reason sitting at the counter is important to the Japanese is so that they can see for themselves through the glass case, the fish that is offered that day, and the freshness of it. It's a good way to check for any specials, which change daily at any good sushi restaurant, depending on what is in season. "The most important thing to know when you are eating sushi is what's shun (in season). Whatever is in season is whatever tastes best. Sitting at the counter allows you to ask the chef directly what's good that day, and if you see anything unusual you might want to try, the chef is right there to answer any questions. Communicating with the sushi chef will allow you to explore more interesting and rare delicacies," says Mr. Osada.

These days, the *okonomi* (what you like) menu is the most popular where you just pick and choose only the toppings you want. But if you become a regular at a certain place, Mr. Osada points out, "the chefs will likely remember your taste and serve you what you want without having to ask for it." Many sit at the counter just for this exceptional treatment they receive, alone. One of the beauties of sushi is that the chefs are not only skilled cooks, but also exceptional hosts. Not only are they trained to remember their customer's names and their preferences, they are equipped to talk to customers about almost anything, and willing to share any knowledge they have about sushi and life.

To conclude, without the counter experience and the interaction with the sushi chef, one cannot truly say they have had a real sushi experience, but when they do, it will likely turn their whole perspective around on the cuisine.

5 GOOD REASONS YOU SHOULD TRY COUNTER SEATS

1. You can view the freshest seafood available in the showcase
2. You can eat the most freshly made sushi possible
3. Interesting conversation with sushi chefs
4. You can order *omakase* (chef's choice) or *okonomi* (customer's choice) easily
5. Chef will remember your favorites if you become a regular

Courtesy
Hatsuhana

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www.hatsuhana.com

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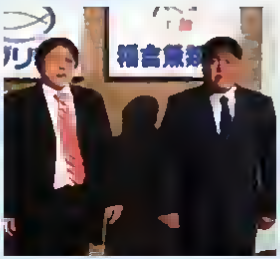
ULTIMATE TRACEABILITY: MEET THE PRODUCERS

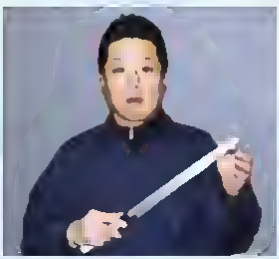
In the restaurant industry, the recent croze of reality TV shows helped boost talented chefs to stardom, but at the same time, the question of "where do the ingredients come from?" also received media attention. This year in ***the International Restouront & Foodservice Show of New York*** *(March 4-6), True World Foods, a major importer and provider of Japanese seafood in the U.S., will present their booth themed "The Producers", and hold lectures and demonstrations featuring "producers" that support the food industry. In each program, they will invite producers from various fields from both Japon and the U.S. and provide rare opportunities for the audience to talk with the producers in person. Here are some of the highlights of the lectures and demonstrations at the True World Foods booth.*



Ten-Qoo Meguro (Susteinable Bluefin tuna)

Ten-Qoo Maguro is getting attention in the industry due to its sustainability and eco-friendliness. The Ten-Qoo Maguro cultivated in Kumamoto, Japan will be exhibited at the booth, in addition a lecture on the tuna and cutting demonstration will be held. Tasting will follow.

Company: Burimy
Origin of the products: Kumamoto, Japan
Lecturer: Keigo Hama, Hiroshi Hama



SAKAI TAKAYUKI Knivas Brand

Hocho or Japanese knives are renowned for its quality so much that every chef wants to own it. In this lecture and demonstration, hocho making master Takahiro Aoki will explain how to sharpen hocho. Master Aoki will give hocho sharpening services at the booth on a first come, first served basis.

Company: AOKI HAMONO SEISAKUSYO Co., Ltd
Origin of the products. Osaka, Japan
Lecturer. Takahiro Aoki

Cornall Oystars

The lecturer is Tom Cornell from Cornell Oysters, a cultured oyster farm and provider of the highest quality of Blue Point Oysters in Long Island. He will talk about how they established oyster farming and how they maintain it. He will also show the right way to open shells, followed by tasting.

Company: Cornell Oysters of Hog Neck Bay
Origin of the products: Long island, NY
Lecturer: Tom Cornell www.cornelloysters.com

Foie Gres

Robert Ambrose from La Belle Farms, one of the three foie gras producers in the U.S., will talk about their foie gras farming process. The quality of their products stands out in the domestic and international market, and their products are well sought after. Tasting will follow.

Company: Bella Bella Gourmet / La Belle Farms
Origin of the products: Upstate NY
Lecturer: Robert Ambrose http://www.labellefarms.com/

Suzuki Ferms, LLC

Ken Suzuki of Suzuki Farms, LLC will introduce Nihon Yasai (Japanese vegetables) from Delmar, DE. His company is known for its high quality of vegetables and service. Most of his Nihon Yasai are free of chemicals and pesticides, insuring that they are safe, healthy, and delicious. Tasting will follow.

Company: Suzuki Farms LLC
Origin of the products: Delmar, DE
Lecturer: Ken Suzuki http://www.nihonyasai.com

**The topics and lecturers can be subject to change.*

True World FOODS

TSUKIJI Express

True World Foods is the premier wholesaler and distributor of a full line of fresh and frozen seafood and specialty grocery items in North America. True World Foods brings quality seafood to the U.S. market directly from Tsukiji fish market.

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TEL: 908-351-9090 (Ext.145)
www.trueworldfoods.com

Tsukiji Express
www.tsukijiexpress.com

Ten-Qoo Maguro
www.ten-qoo.com

International Restaurant & Foodservice Show of New York
March 4-6 655 W. 34th St., (at 11th Ave.), New York, NY 10001
@ Javits Convention Center / http://internationalrestaurantny.com/

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Continuing the Tradition Of Edomae Sushi

When it comes to the most prestigious, old sushi establishments in the city with the best loyal customers, not too many places can compete with Hatsuhana, one of the pioneers of authentic Edomae sushi in NY that brought the Japanese custom of eating at the sushi counter to NY The restaurant opened in 1976, but it was the New York Times article that came out in the 80s which announced Hatsuhana's four star rating that put sushi on the map of American dining forever We asked executive chef Mr. Osada and manager Mr. Shiraishi to tell us what it takes to be one of the top sushi restaurants in New York City for over 30 years

What is Edomae style sushi?

Edomae is a style that originated when refrigerators did not exist, so fishermen developed and perfected methods that allowed their catch not only to survive the journey from the sea to town, but also to be enjoyed at its optimal state. Every type of fish has its own prep methods. For example the *hikarimono* (fish with shimmering skin) are typically soaked in vinegar while anago (conger) is simmered. But every chef has his own way of prepping. That's why sushi can taste very differently depending on the sushi chef. Today, we can deliver fresh fish everywhere without having to prep the fish. In that sense it's a dying tradition, and that's why it's all the more important for us to keep it going.

What is the most important thing to your restaurant and to Edomae style cuisine?

The most important thing to us is the freshness and quality of not just the fish, but each and every component of our dishes. From the red vinegar we use to prep the fish, to the nori, wasabi, salt, soy sauce, miso, and *gari* (ginger) which is made with our own special recipe, we use the best we can find. We also make our *shari* (sushi rice) a little on the saltier side more than other New York restaurants, so that it works better with fish. That's why when people try our *maki* (roll), or whatever it is, they will notice that something is different about our cuisine, even though they may not be able to pinpoint it. Because sushi is so simple, every detail that goes into it is extremely important.

What neta (sushi topping) is shun (in season) right now?

Winter is the best time to enjoy seafood. Cold water from December to March generally is the time that makes seafood is tastiest. But in particular, *uni* (sea urchin), *sayori* (half beak), *sawara* (Spanish mackerel), and wild *tai* (sea bream) are delicious this season.

What's the secret behind your 30 plus years of success in NY?

I think it's trust. Our customers know that if they come here they can get a certain quality of service. The other thing is our service and quality may be top notch, but our prices are not. Many of our regulars have been coming here for over 30 years. We want them to come back as often as they can. Service is very important to us. We know our regulars well. But even with our new customers, we make a point to remember their names and what they like and to treat them like regulars with the ultimate Japanese-style hospitality, so that they can feel right at home here.

What is the biggest misconception of sushi?

I had a customer tell me that our sushi was warm. I had to think about that one for a minute then I realized this person was probably used to the grocery store sushi that is kept cold which is not traditional. Sushi rice is meant to be *hitohada* (body temperature). People in Japan sit at the counter so that they can enjoy that exquisite combination of slightly warm rice and the cold fiszh as soon as it's made because that is when sushi tastes best.

Amaebi (sweet shrimp, top left) and sawara (Spanish mackerel, bottom right) are in season right now. The plump and soft texture of the amaebi amuses your palate. The melt in your mouth sawara no nigiri will give you a completely different impression from the familiar "Sawara no Yuan yaki" (miso-marinated, grilled sawara). Yuza-kosho adds a kick to this elegant nigiri.

Hatsuhana

17 E. 48th St. (bet. Madison & 5th Aves.)
New York, NY 10017
TEL. 212-355-3345 / www.hatsuhana.com
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Sat: Dinner 5-10 pm

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Real Deal at Sushi Lounge

St. Mark's Place in the East Village has always played a key role in the food scene in New York, offering newfangled restaurants and cafes with an interesting ethnic mix. The most important considerations on this street, however, are taste and price. *Sushi Lounge*, located on the corner of Avenue A and St. Mark's Place, presents irresistible Japanese dishes—including sushi and ramen—at incredibly reasonable prices.

Among Sushi Lounge's many offerings, sushi rolls—especially the more than 20 "*New York POP Creation rolls*"—are always bestsellers. From the somewhat conventional *Dragon*, *Spider*, and *Philadelphia rolls* to Sushi Lounge's original *Titanic*, *Lounge*, and *Love Eel rolls* to non-seafood rolls such as *Nuts Miso Chicken*, there is something for everyone. But what makes you grin is the price. All sushi is 50% off all day (with a minimum $16 order per person). Considering the average price of a New York POP Creation roll is $9.75 and that of a traditional roll (known on the menu as a "Tokyo Standard" roll) is $5.50, you can easily order two or three rolls, which will make you more than full. "We are proud to serve creative sushi with fresh seafood and keep our prices low. The secret behind this is this simple logic: Selling more leads to quick turnaround, and as a result, we can serve fresh seafood, which comes daily, at affordable prices for everyone," says the owner of the restaurant.

In addition to this great sushi deal, Sushi Lounge also has a happy hour from 10 pm until closing during which *Kirin Ichiban* beer and selected Japanese cocktails are 50% off. A variety of ramen choices are also available at amazing prices. Whether you come alone or have a big party, only Sushi Lounge can please both your taste buds and budget.

Sushi Lounge
132 St. Mark's Pl
(at Avenue A)
New York, NY 10009
TEL 212-598-1188
www.sushiloungenyc.com

Noodle Café Zen
31 St. Mark's Pl
(bet. 2nd & 3rd Aves.)
New York, NY 10003
TEL 212-533-6855
www.zensushinyc.com

TOP 5 Rolls at Sushi Lounge

Titanic

*Spicy tuna with salmon and avocado outside, **$9.75***

Three very different yet compatible ingredients create an amazing harmony in your mouth. Enjoy the medley of flavors and textures of the creamy and mild avocado, rich and fatty salmon, and spicy and chunky tuna.

Spicy Dragon Roll

*BBQ eel, cucumber, and mayonnaise with avocado outside, **$11.25***

Topped with Sushi Lounge's original thick sauce featuring kochujan, this hot version of the traditional Dragon Roll presents an amazing balance of spiciness, nuttiness, and a touch of sweetness.

Lounge Roll

*Shrimp tempura, avocado, cucumber, and mayonnaise with fish roe outside **$9.75***

The crispy texture of tempura and subtle flavors of shrimp, avocado, and cucumber are elegantly wrapped in mayo in Sushi Lounge's signature roll. Fish roe gives the roll kick in both flavor and color, making it more enticing.

Spicy Tuna Roll

*Spicy tuna rolled in a traditional style **$5.50***

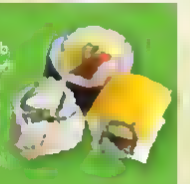
What makes Sushi Lounge's Spicy Tuna Roll stand out is the generous amount of tuna filling. Mixed with spices and fresh ingredients like scallions and ginger, the filling has a unique spiciness that attacks you gradually, not with a sudden blow.

Love Eel

*Crab stick, asparagus, and avocado with eel outside **$10.75***

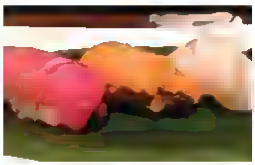
The hearty and nutty flavor of grilled eel and its accompanying sauce is always appetizing. The eel wraps around the refreshing and lighter ingredients, creating an interesting balance. This is a roll for those who are not fans of raw fish.

There are several rolls you should not miss:
The crunchy and hearty ***Spider Roll*** (fried soft-shell crab, avocado, and cucumber with fish roe outside), the healthy and refreshing ***Nuts Miso Chicken Roll*** (cooked chicken, cucumber, and lettuce with peanut-miso paste), and the unique and exciting ***Golden Dragon Roll*** (eel, cucumber, and mayonnaise with mango outside). Once you bite into them, you will understand that sushi rolls can have tastes beyond your imagination.



Jukai New York — $$

237 E. 53rd St., (bet. 2nd & 3rd Aves.), New York, NY 10022
TEL: 212-588-9788 / www.jukainyc.com
Lunch: Tue-Fri 12-2:30 pm, Dinner: Mon-Wed, Sat 6-11:00 pm, Thu, Fri 6-11:30 pm



Serving authentic Japanese cuisine in stylish and modern arrangements, this Midtown Japanese restaurant soon became popular amongst Japanese businessmen. Their specialty is their daily selection of fresh fish, but they're particularly known for their toro (fatty tuna), the *Sushi Omakase* is a must to order including 10 pieces of the day's best fish hand selected by chef and owner. The *Jukai Course55* is highly recommended to experience an assortment of delicious dishes.

MONSTER SUSHI — $

158 W. 23rd St., (bet. 6th & 7th Aves.), New York, NY 10011
TEL: 212-620-9131 / www.monstersushi.com
Mon-Fri: Lunch 11:30 am-5 pm, Dinner 5-11:30 pm

Since 1997 this local Chelsea sushi joint on 23rd St. has become popular amongst Americans in the community, leading to the opening of a second Midtown location two years later. As the name suggests, Monster Sushi's nigiri pieces are twice the size of regular Edomae style sushi, enough volume to satisfy any craving at reasonable prices. Recommended is their popular *Sushi Deluxe* set (Lunch $22.75, Dinner $25), which includes one sushi roll and assorted nigiri. Another favorite well worth the amount is the *Bento Box* (Lunch $16.95, Dinner $18.95) with main dishes changing daily from teriyaki, negi maki, tempura and sashimi, also available for take-out. Be sure to stop in during Happy Hour from 3 pm to 6 pm where hot sake is half price and beer is a steal at $2.

SHIMIZU — $$$

318 W. 51st St., (bet. 8th & 9th Aves.), New York, NY 10019
TEL: 212-581-1581 / www.shimizusushi.com
Mon-Sat: 12-2:30 pm, 5:30-10 pm

This Midtown West sushi and shochu bar has served authentic Edomae style sushi as well as modern original rolls for over 8 years. Especially popular with Americans is their signature *Green Tea Roll*, wrapped in green soybean sheets, filled with tuna, salmon, yellowtail, avocado, flying fish roe, tempura flakes and accented with dried seaweed. There is also a stylish bar at the back, where customers can enjoy drinking shochu and ordering from the sushi bar.

TATSUMI — $$

1034 River Rd., Edgewater, NJ 07020
TEL: 201-969-0202
Lunch: Mon-Fri 12-2:30 pm, Dinner: Mon-Fri 5:30-10:30 pm, Sat & Sun 5-10:30 pm

The unique feature of this New Jersey sushi joint is their handcrafted fish preparation of Edomae style sushi. Sitting at the counter is a must, which is manned by a veteran Japanese chef who loves chatting with customers, making it easy to answer questions and requests. Recommended is their *Omakase* (starting at $40), as every piece of sushi is specifically prepared, and the fish is served with unique toppings allowing the flavor and texture of each piece to be individually enjoyed. One of the pieces is Bluefin tuna toro drizzled with okra sauce, the soft fatty tuna perfectly matched with the buttery okra, giving a melt-in-your-mouth texture. *Saba no Kobujime* is vinegar and salt marinated mackerel, with kelp releasing more umami flavor. Another piece to enjoy is imported Japanese yellowtail topped with sesame and jalapenos, which complements the flavor of the fatty toro.

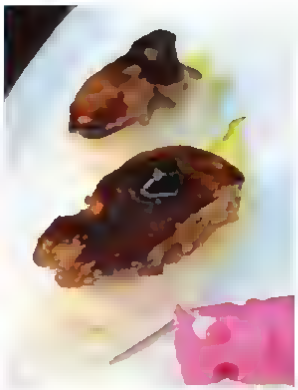
Yuba Restaurant — $$

105 E. 9th St., (bet. 3rd & 4th Aves.), New York, NY 10003
TEL: 212-777-8188 / www.yubanyc.com
Lunch: Mon-Sat 11:30 am-3:30 pm, Dinner: Sun-Wed 5-10:30 pm, Thu-Sat 5-11:30 pm

Offering the freshest fish of the day, this restaurant in the East Village specializing in Japanese-Nouveaux cuisine serves authentic Edomae sushi with a stylish modern twist. While nigiri and rolls can be ordered a la carte, the chef and owner recommends the *Sushi Omakase* (from $50). Omakase is entrusting the selection of fish in the hands of the chef, and Yuba provides a great chance to try rare fish like sayori needle fish, kinmedai golden snapper and imushi bluefish which can be included in your omakase order. Their large menu also includes items made with tofu skin, Yuba which the restaurant is named after. Their modern sushi bar shows a perfect juxtaposition of old fashioned decorum and elegance. Committed to quality and ingredients with a desire to bring novel and unique tastes, Yuba is popular amongst sushi lovers.

Wasan — $$

108 E. 4th St., (bet. 1st & 2nd Aves.), New York, NY 10003
TEL: 212-777-1978 / www.wasan-ny.com / info@wasan-ny.com
Tue-Sun 5-11 pm



Using locally harvested ingredients and prepared with Japanese cooking methods, this a la carte style restaurant is unique in their creative cooking philosophy. Rather than choosing ingredients for a specific cooking style, instead, Wasan differs in that they choose cooking methods to bring out the best features of seasonal ingredients. While not typically served in traditional sushi, *Foie Gras Sushi* perfectly represents Wasan's special style of cooking philosophy. Served on fresh endive, the sushi rice is topped with foie gras that has been glazed with a strawberry balsamic vinegar and soy sauce reduction, emitting a perfect balance of sweet and sour flavor. Many customers flock from far and wide to enjoy this unique dish. With over 50 kinds of sake offered, hand selected by their sommelier to pair with their menu items, Wasan also has their own original junmai sake to enjoy.

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3 SUSHI & SASHIMI NETA (TOPPINGS) LIST

There are countless sushi neta available, and listing them all in a few pages is impossible. Here is the list of major sushi neta to help you order at your next sushi restaurant visit:

MAGURO (TUNA)

Maguro is the most popular sushi neta and served in different cuts. The following is a sub-category of maguro cuts

Akami Lean tuna, cut from the back of the fish. It is red colored flesh, a standard cut in rolls and nigiri.

Toro Fatty tuna
Chutoro Medium fatty tuna, from the upper belly. It is between the lean akami and fatty Otoro
Otoro Fattiest cut of tuna, cut from the underside of the belly. It is considered the most prized and expensive piece of maguro, as it contains the most fat.
Shiro maguro White Albacore tuna
Tekka An alias of maguro, usually it is akami served in a maki roll or donburi bowl.
Negitoro Parts of tuna scraped off the bone or skin and mixed with scallions.

HIKARIMONO

Hikarimono refers to shiny skinned fish, usually marinated in vinegar.

Aji Spanish mackerel, horse mackerel
Iwashi Sardine
Kohada Gizzard shad
Saruna Japanese mackerel
Sayori Halfbeak
Saba Mackerel

SHELLFISH

Akagai Red clam
Aoyagi Yellow clam
Awabi Abalone
Sazae Turban shell
Hokkigai Surf clam
Hotate Scallops
Kaai Crab meat
Mirugai Long neck clam

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TEL: 212-873-1220
Mon-Sat Lunch 12pm-3pm Dinner 3pm-10:30pm
(Fri and Sat open until 11pm) Sun & Holiday 2:30pm-10:30pm

SUSHI & SASHIMI NETA LIST Continued

Ama-ebi Sweet shrimp, usually served raw
Botan-ebi Large sweet shrimp, usually served raw
Ebi Shrimp, usually served cooked
Shako Mantis shrimp, usually served cooked

OTHERS (INCLUDING RED AND WHITE MEAT FISH)

Buri Adult fatty yellowtail, cut from the belly, served in winter
Fagu Blowfish
Hamachi Yellowtail, Amberjack
Hirame Flatfish, Fluke, Summer flounder, Halibut
Kaapachi Very young yellowtail
Karei Winter flounder
Madai Red sea bream
Tai Sea bream, porgy, snapper
Sazuki Striped bass, rockfish

Eagawa Halibut fin muscle
Ika Squid
Ika-geso Squid's tentacles
Ikara Salmon roe
Kajiki Swordfish
Sake Salmon
Katsuo Bonito fish
Masa Trout
Mekajiki Blue marlin
Shirako Cod milt
Anago Conger eel (saltwater)
Aakimo Monkfish liver
Ayu Sweetfish
Hamo Pike conger
Tako Octopus
Unagi Freshwater eel
Uni Sea urchin
Mentaiko Spicy cod roe
Kazunoko Herring roe
Tobiko Flying fish roe
Tarako Cod roe

MAJOR PREPARATION TECHNIQUES THAT MAKE FISH TASTIER

Fish preparation greatly affects the taste of sushi and sashimi neta. First and foremost, how to kill the fish is key. The technique called *ikejime* has been traditionally performed in Japan, where fish are killed instantly without giving stress to the fish. Different types of fish require different ways of ike-jime, and if not done properly, the taste of the fish is spoiled. Edomae style sushi employs various fish preparations and serving techniques, such as *su-jime* (marinating in vinegar), *kobu-jime* (curing with konbu kelp), *yubiki* (blanching) and *zuke* (marinating in shoyu-base sauce). These techniques result in effects like tender and softer meat, reduced smell, absorbing liquid, pulling out and enhancing umami, and many other desired results in flavor and texture.

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www.sake-guide.com

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Reasons for Prestige

KAMOTSURU
SAKE BREWING CO.,LTD

Kamotsuru Sake Brewing Company's history dates back to 1623, around the time when Japan had ended wartime and entered the Edo Period (1603-1868) The predecessor of Kamotsuru had produced sake widely loved by everyone over the centuries Let's explore the reasons why there has been a deep appreciation for this long lasting and esteemed sake brewery

Optimal Environment for Sake Brewing

One good reason lies in its locality Kamotsuru Sake Brewing Company is located in the center of Hiroshima Prefecture in Saijo-cho Higashi Hiroshima City, located on the Kamo Daichi (Kamo Plateau) at about 200 meters altitude The area is the perfect setting to brew good sake clean and pure air rich subsoil water, and a surrounding area of rice production. There is no better region to mature sake

The brewery mostly uses the sake rice harvested in the Chugoku Mountains at a high altitude (300-400 meters above sea level), situated in the northern part of Hiroshima Prefecture The region has soil ideal for growing rice as well as the perfect climate to produce rice as the seeds stored during a summer day can experience various temperatures

Brewing Features to Produce Refined Sake

In the Kamotsuru Sake Brewing Company brewers pass down the Hiroshima style brewing method, technique and spirit from veteran to younger staff The origin of the Hiroshima style brewing method dates back to 1898 when Senzaburo Miura established the inventive brewing method using soft water Mr Miura put importance on educating fellow brewers and organized a brewers union, which became known as Hiroshima style brewers who were respected for their solid technique Hiroshima style brewing method is unique in the sense that they ferment rice slowly at a low temperature over time, resulting in refined and round sake Kamotsuru sake is a drink made with this style and by brewers who maintain the tradition

Quality Rice: From Growing to Brewing

Not only using locally grown sake rice, but the brewery also helped revive the once extinct sake rice, Gohi-nishiki The rice grows really tall and has long ears which naturally allows it to fall down easily. But there is a drawback. Fewer harvests from each ear For these reasons, Gohi-nishiki became obsolete despite the fact that the rice is great for producing sake with a deep full-bodied flavor Kamotsuru was successful in bringing the rice back into use.

Also the brewery mills the rice in-house They have employed this in-house milling system since the 19th Century, playing an important role in developing the taste of the sake

Daiginjo Gold Kamotsuru

Gold Kamotsuru is a daiginjo class sake made from carefully selected sake rice grown in the high mountains in the northern region of Hiroshima Prefecture and is slowly brewed in natural well water during the cold season. With an elegant aroma and refined and rich flavor, since it was introduced to the market as the forefront of daiginjo sake in 1958 the sake has remained the King of the sakes that the brewery has produced for over 50 years It is paired well with a wide variety of foods, and particularly it is a perfect match with sushi and grilled oysters. Carried in highly respected Japanese restaurants it is the sake that celebrated restaurants covet

Rice Yamada Omachi Koi omachi etc
Alcohol content: 16-17% Rice polishing rate: 50%

Sweet Dry

Brewed and bottled by KAMOTSURU SAKE BREWING CO. LTD

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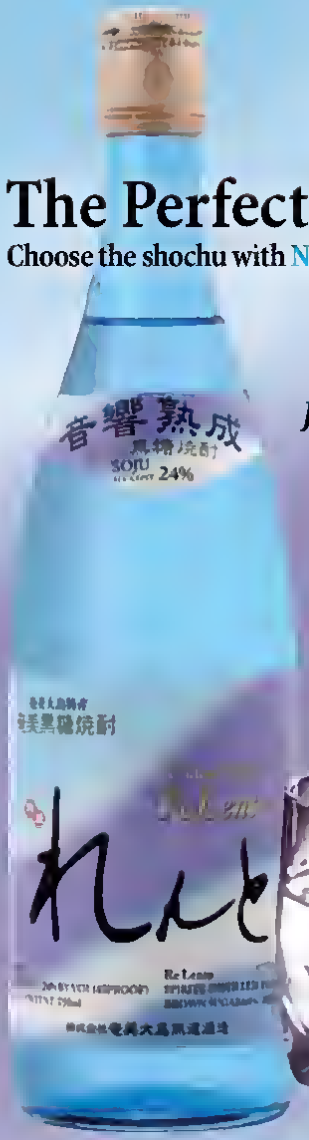

Japan's number one selling brown sugar shochu.

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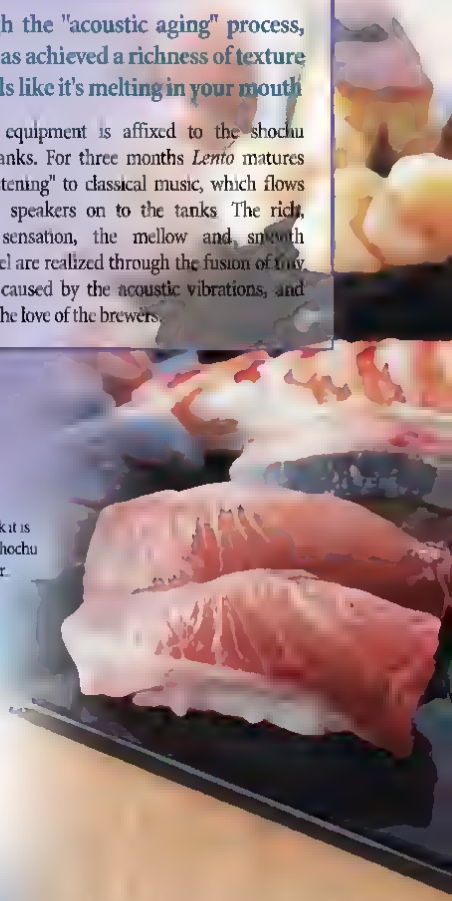
Acoustic equipment is affixed to the shochu storage tanks. For three months *Lento* matures while "listening" to classical music, which flows from the speakers on to the tanks. The rich, melting sensation, the mellow and smooth mouth-feel are realized through the fusion of tiny particles caused by the acoustic vibrations, and through the love of the brewers.

The best way to drink it is *mizuwari*, one part shochu to one part cold water.



KOKUTO SHOCHU 24%

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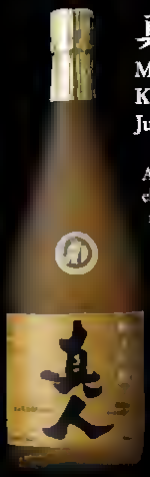

真人
MANABITO
Kimoto
Junmai Ginjo

Awakened from a dream, this elegant, rich, full-bodied sake matured for two years before release. Umami-laden it pairs beautifully with uni, broiled eel or foie gras.

Rice: Takane Minori Polished to 55%

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紅まんさく
BENIMANSAKU
Junmai Ginjo

The heart-shaped leaves and vibrant red buds of the Benimansaku plant are poetically expressed in the delicate aroma and alluring flavor of this sake. Pairs beautifully with white fish of varying taste and textures

Rice: Gin no Sei Polished to 45%

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真人
MANABITO
Ginjo

Exquisite! This ginjo sake is crisp, clean, and zesty! Perfect sushi platter sake. Dry entry leads to surprisingly rich, mineral finish with a tease of white chocolate and white stone fruits.

Rice: Gin no Sei Polished to 60%

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Sneak Peek Into TATENOKAWA 18 and 50

TATENOKAWA Brewery has already created a swirling buzz of anticipation in the sake industry with their future release. This brewery in Yamagata Prefecture will soon release TATENOKAWA 18 and TATENOKAWA 50 sake. To give our readers a good preview, we had Tim Sullivan from UrbanSake.com taste and compare the two sakes as well as talk about the brewery's characteristics

What was your impression when you visited TATENOKAWA Brewery last year?
I was touring Yamagata prefecture's breweries for the first time when I visited TATENOKAWA. It is a very nice artisanal size brewery. When you walk up, the first thing you notice is the wonderful view of the main building and a rice field in front of it. I was struck by the natural environment and the beauty of the area. I was also surprised by the relative youth of the toji (brew master) who is only 33, and how focused and concentrated he was on his work.

What is your initial reaction to the taste of these sakes?
The first thing that I noticed was how aromatic the TATENOKAWA 18 is, which is a trademark of this brewery. It has a very beautiful floral aroma like that of lilac. I find the aroma to be a good sneak peak of the actual taste of the sake. It has a long lasting complex palate that you find in top quality sakes, a long finish, and lots of body, and lots of depth. The TATENOKAWA 50 is also very aromatic, but on the fruitier side with notes of melon and other fruits. It has a shorter finish, and a cleaner taste, but still extremely smooth and well balanced.

How would you pair the two sakes?
With regards to TATENOKAWA 18, this caliber of sake is so complex in flavor it can be a challenge to pair. I suggest pairing it with lighter foods like sashimi, and poached fish. It's almost like a meal in a glass. In terms of sushi toppings, because of the quality, you really feel like you are indulging when you are drinking this, so I would pair it with something like otoro (fatty tuna) to really savor that luxurious quality. But I feel that this is the kind of sake you want to sip slowly by itself to really enjoy its lusciousness. On the other hand, since TATENOKAWA 50 has a very clean taste, this would be more of a sake to enjoy with food. Grilled chicken, high quality soba, and high quality tempura would be my choice for pairing. With sushi, I think yellowtail belly would be great with it.

How do you think they would do in NY?
There is no question these are high-end sakes. But I think they are great additions to the market and will do really well. TATENOKAWA 18 in particular, would be considered a super luxury sake, but still a bargain for its quality.

How would you serve it?
In a white wine glass because you want to enjoy the aroma. To really experience everything this sake has to offer, I would definitely serve it chilled. The sake will open up in the glass and you will really enjoy all the different flavors that unfolds.

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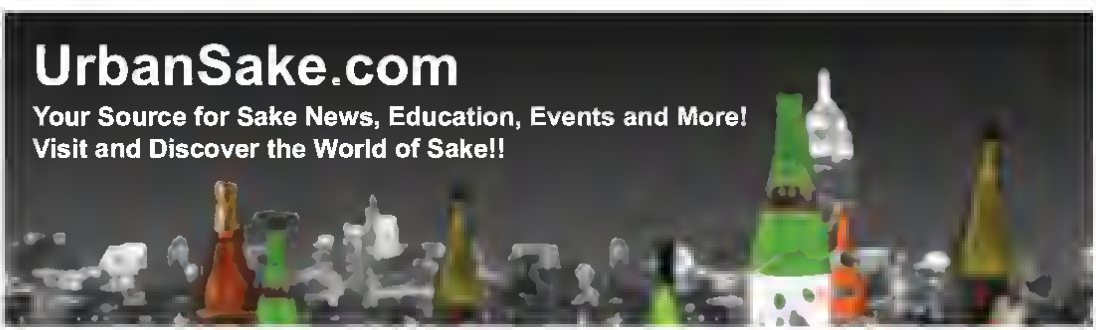

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4 KEYS TO SUCCESSFUL SUSHI AND SAKE PAIRING

Dining can be a success or failure depending on the choice of accompanying drinks. When it comes to sushi, sake is the most common pick but there are many kinds. To give you some idea of what types to select, Chopsticks NY asked experts from both the sushi and sake sides: Yoshi Kousaka, executive sushi chef of Jewel Bako, and Chizuko Nikawa-Helton, sake sommelier and consultant, about how to approach this task.

Chopstuchs NY (CNY) Do you think there is a golden rule for pairing sake and sushi?

Chizuko Yes. Fish, rice and soy sauce — sushi is a dish that is rich in umami. So, in my opinion the golden rule is to serve sake that brings out this umami. In other words, you'll have a good overall balance if you choose junmai type sake, something slightly sweet and not too sharp.

Yoshi I feel the same way. Sake that is sharp will destroy the fish's best aspects. On the other hand, you also don't want a fish with overpowering flavor. For example, if you have a fish that is quite fatty, it will end up clashing with a strong sake. As you might expect, finding this balance is very important.

CNY Speaking of balance, specifically what kind of fish goes with what kind of sake?

Chizuko In enjoying sushi at a restaurant, you'll probably start with something light like whitefish. Since it's just the beginning of the meal, you're going to want something like a daiginjo or junmai daiginjo that is not too dry and has a nice aroma. This is an elegant way to begin the course, and then following that you gradually move on to more fatty fish and hikarimono (fish with shiny skin) like saba (mackerel). That's the time for you to switch from aromatic daiginjo to a more round and bodied junmai, because the latter complements the powerful flavor and fattiness of fish like saba.

Yoshi Hikarimono such as saba and kohada (gizzard shad) have some acidity. I think they go perfectly with full-bodied sake that has umami and a firm finish, so I completely agree with Chizuko.

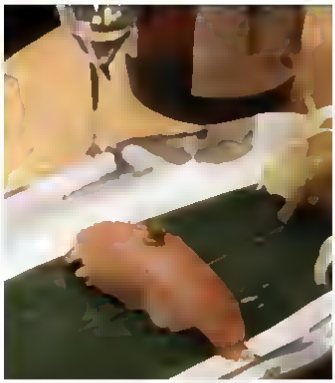
CNY What kind of sake goes well with non-acidic yet fatty fish like toro?

Chizuko I think a junmai sake with umami would work well in this case too. I'll give you an example. When I went to Ishikawa Prefecture, a sake brewer brought me to a sushi restaurant where I had really fatty toro sushi with aged yamahai type junmai nuru-kan (slightly warm). There is nothing that can surpass this matching of body temperature, sushi and slightly warmed junmai with a tamed sourness. It left a big impression on me.

Yoshi Yamahai sake does go quite well in that kind of pairing.

Chizuko By heating it up, the amino acids and other acidity in yamahai type sake become softer, making it go very well with sushi that is full of umami and sushi's vinegared rice. For sashimi you can have something lighter, but the rice in sushi sets it apart. It takes a longer amount of time to chew, so naturally the umami and sweetness linger in your mouth longer. So for sushi you want something that is off-dry like a yamahai sake with umami.

Yoshi Tuna itself contains a certain acidic flavor, so I would pair yamahai and kimoto types sake with this fish.



CNY What kind of fish is currently in season?

Yoshi Amaebi (sweet shrimp) came in January, and during the transition from winter to spring hotaru-ika (firefly squid) start arriving. I prepare the hotaru-ika with su-miso (vinegared miso) or yuzu-miso (miso with yuzu citrus).

Chizuko That sounds amazing! There is no doubt yamahai would go well with that dish. But at the same time, what first comes to mind is local sake from that region. Since hotaru-ika are from Toyama, jizake (sake made in local breweries) from here would be perfect. I can recall that the junmai ginjo from that area has a nicely reserved taste with a light, gentle aroma. With this sake, you could go on eating forever! It is always best to match food with sake from that locality. But it is impossible to individually pair sake with each piece of sushi, so you have to look at the whole meal and apply the golden rule to pick one or two types that will work.

CNY How about shochu?

Chizuko Shochu is really food friendly. I recommend drinking it mizuwari (cut with cold water), oyuwari (cut with hot water), on the rocks or cut with green tea.

Yoshi I would say it's better to avoid shochu with a strong aroma.

Chizuko Yes, rice base shochu goes best with sushi as it's smell is less pungent. Also, sweet potato and barley-base shochus become milder when they are cut with water or mixers, and they are great with sushi compared to other distilled alcohol drinks.

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By Chizuko Nukawa-Helton
Kikisake-shi/Sake Sommelier & Founder of Sake Discoveries LLC
Sake and sushi are known for going hand in hand, but it might surprise you that some sakes are a little more sushi inclined than others, like Nanbu Bijin from Iwate Prefecture. Although the town of Ninohe, the brewery's home, is on a mountain, it's close proximity to Hachinohe, an ocean town, has allowed the town to have many great sushi joints. The tradition there is to have sushi delivered on New Years Eve, instead of the traditional toshikoshi soba enjoyed in other regions of Japan. Being born in Ninohe, Nanbu Bijin's history is deeply connected to its regional delicacies from the sea. In fact, Nanbu Bijin is the only sake served in Sangoro, the region's best sushi restaurant. Though the brewery is known for their inventive ways of keeping up with modern times, from their Tokubetsu Junmai to Daiginjo, sushi and it's relationship with Ninohe's cuisine will always be at the heart of Nanbu Bijin.
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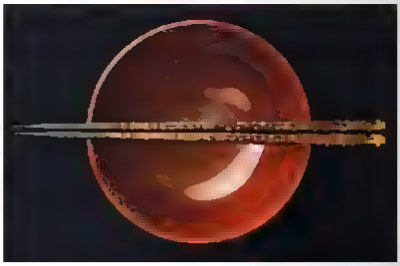
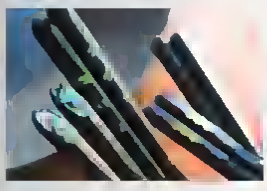
Kagawa Lacquerware

Japan is known for its lacquerware. Kagawa lacquerware, in particular, is famous for its beauty and durability and has a unique character that develops and deepens its quality. At the end of the Edo period (1603–1868), Tamakaji Zokoku developed a new style of lacquer by combining skills from Thailand and China—*kinma* and *zonsei*—with traditional Japanese techniques. Over the years, these techniques were passed on, becoming integral to the characteristic Kagawa lacquerware produced in Takamatsu, Kagawa Prefecture. Representative Kagawa lacquerware techniques are *kinma*, *goto-nuri*, *zonsei*, *choshitsu*, and *zokoku-nuri*, all of which create lacquerware that develops a more beautiful character and finish with use and with time. In addition to its beauty, Kagawa lacquerware does not transmit heat, making it perfect for hot soups and teas. Also, the lacquerware has a tendency to harden as it is used. Even with scratches, used Kagawa lacquerware has an enhanced beauty. Kagawa lacquerware products include tables, display cabinets, trays, saucers, and candy bowls as well as art and fine furniture.

Isso

Chopsticks are necessary to enjoy Japanese cuisine. Isso provides premium lacquered chopsticks from various regions in Japan that are famous for their lacquerware. Here we highlight *Wakasa-nuri* lacquerware chopsticks from Wakasa Obama in Fukui Prefecture. Crafting lacquered chopsticks for 400 years, the area is considered the mecca of chopsticks, producing 80% of the lacquered chopsticks in Japan. What distinguishes *Wakasa-nuri* from others is its use of the *takara-nuri* (jewel-lacquering) technique, which replicates the beautiful ocean with shells and eggshells. Made by artisans designated as Traditional Artists by the Ministry of Economy, Trade and Industry, these are absolutely some of the highest-quality lacquered chopsticks, but you, the user, give these chopsticks the most value. The more you use them, the more they increase in beauty. *Wakasa-nuri* chopsticks are created with everyday use in mind, making these traditional items with a long artisanal history fit into today's lifestyle. Isso also provides exquisite lacquered chopsticks from other well-known laquerware regions, such as *Tsugaru-nuri* from Aomori Prefecture and *Wajima-nuri* from Ishikawa Prefecture.





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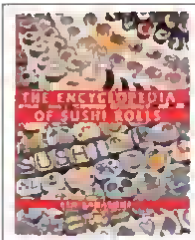

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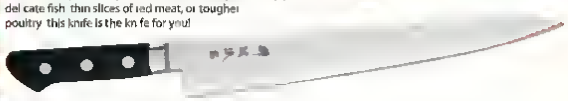

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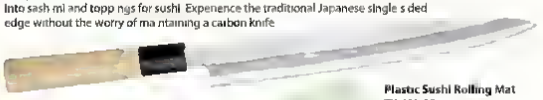

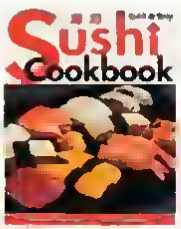

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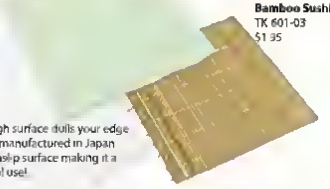

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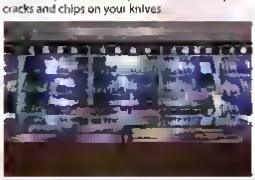

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Temaki-Zushi Party with Kikkoman Products

Sushi has always been associated with festive and celebratory events. But do you know that a sushi party can be done at home without ordering expensive sushi plates? Easy, fun and tasty, temaki-zushi (hand roll sushi) is a secret weapon for throwing a party, and Kikkoman products make it even easier. Just before Hina-Matsuri (Girls' Day), we invited female taste testers and held a temaki-zushi party to show how simple it is to make your party successful.

Step 1 Make Sushi Rice

(Ingredients: Serves 4 people)
- ☐ 3 cups steamed rice (1 cup rice before cooking)
- ☐ 1/4 cup Kikkoman Seasoned Rice Vinegar

① Cook steamed rice.
② Mix Kikkoman Seasoned Rice Vinegar into freshly cooked rice.

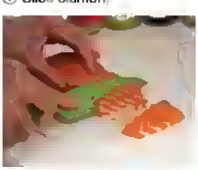
TIP! While rice is still piping hot, mix in vinegar quickly. Be careful not to mush rice.

Step 2 Prepare Toppings

You can choose whatever ingredients you like. These toppings are just examples.

(Ingredients: Serves 4 people)
- ☐ 1 avocado
- ☐ 1 cup gari (seasoned ginger)
- ☐ 2 packs pre-cooked eel
- ☐ 1 fillet salmon
- ☐ 10 sheets shiso leaves
- ☐ 10 sheets nori seaweed

① Slice salmon.



TIP! When slicing the salmon with a knife, just before reaching the skin on the bottom, slide your knife under the fillet in order to remove the meat from the skin easily.

② Slice gari.
③ Heat eel following the instructions on the package, and slice it.
④ Peel and slice avocado.
⑤ Cut the shiso leaves.
⑥ Cut each sheet nori seaweed into 4 square pieces, making 40 pieces.

Step 3 Prepare Seasoning Sauces

You might think you can do without any other sauce as long as you have soy sauce. That's a big misconception. Different types of sauces multiplies the options to mix and match, making the party more fun.

Scallion Infused Soy Sauce Glaze

(Makes about 1 cup)

(Ingredients)
- ☐ 1 green scallion
- ☐ 1 1/2 tbsp sesame oil
- ☐ 1 1/2 tbsp Kikkoman Rice Vinegar
- ☐ 1/4 cup Kikkoman Soy Sauce
- ☐ 1/4 cup Kikkoman Kotteri Mirin

① Chop scallions.
② Lightly sauté scallions with sesame oil in a frying pan.
③ In a seperate bowl mix equal parts of soy sauce and mirin.
④ Pour soy sauce and mirin into the pan of scallions and sesame oil, mix and once simmered, turn off heat.
⑤ Add rice vinegar and mix.
⑥ Serve as a topping on any of your favorite meats or fish.
⑦ Can be stored in the fridge for up to 2-3 days.

Kikkoman Sushi Unagi Sauce

Use as is, anyway you like!

Step 4 Assemble Temaki-Zushi

Roll type 1

Place the nori in the palm of your hand, and top with sushi rice in the middle. Choose your favorite topping and sauce to place on top of the rice and then roll the sides of the nori inward to make a log.

Roll type 2

Place the nori in the palm of your hand, and top with sushi rice in the middle, diagonally from one corner to another. Choose your topping of choice and place it diagonally on the sushi rice. Roll both sides of the nori inward and fold into the shape of a cone.

TIP! Drizzling Kikkoman Unagi Sauce over toppings makes temaki-zushi more flavorful.

On the Side

Asazuke (Lightly pickled vegetables)

This is the standard side dish equivalent to salad on a western menu.

(Ingredients Serves 4 people)

- ☐ 1/2 lb cabbage
- ☐ 1 whole cucumber (small)
- ☐ 5 Shiso leaves
- ☐ 1 tsp salt
- ☐ Kikkoman Ponzu (desired amount)

① Cut cabbage into chunks
② Thinly slice shiso leaves
③ Thinly slice cucumbers crosswise
④ Place vegetables in a plastic baggie, add salt and use hands on the outside of the bag to knead salt into vegetables
⑤ Ready after at least 30 minutes
⑥ Squeeze out water
⑦ Pour ponzu with desired amount and season to taste.

All recipes introduced here are courtesy of Tomoko Kuroda-Swanson New York based private chef, cooking both Japanese and western cuisines.

Comment

The ingredients are simple to prepare with Kikkoman products and the results are delicious to eat! Since temaki zushi is easy to create, everyone feels a sense of accomplishment making it themselves

Lisa

Having your own temaki zushi party is really easy. You don't have to know a lot of recipes. Much easier than I thought it would be

Devon

Unagi sauce is rich and flavorful, and I really like the texture of it. When I drizzle it on my eel it looks good and makes me want to eat it.

Raena

I like the scallion sauce. It's really simple to make. I feel like I can eat it on anything, like yakizakana (grilled fish)

Dawn

Japanese Cooking at Home with kikkoman

New additions to your kitchen shelves from Kikkoman

Seasoned Rice Vinegar

Seasoned Rice Vinegar is versatile and milder than other vinegars. A hint of sweetness comes from its main ingredient, glutinous rice, and the well-balanced acidity is an excellent flavor addition to Asian cuisine and beyond. Use this savory, seasoned rice vinegar in any type of dish everyday.

Rice Vinegar

Higher in acidity than other types of vinegar, Rice Vinegar can be used in place of wine vinegar or lemon juice. With zero fat and no calories, it is a healthy way to add flavor to your dishes and the best choice for sweet and tangy dishes, salad dressings and pickled vegetables.

Ponzu Lime

Something new and exciting for lime lovers. Ponzu Lime makes an excellent marinade for skirt steak, shrimp fajitas and any dish that calls for a little hint of fresh lime.

Ponzu Citrus

Ponzu Citrus flavor and soy sauce in one convenient bottle. The perfect balance of salty, sweet and tangy is wonderful as a dipping sauce or in a wide variety of delicious recipes.

NEW!

Sushi-sauce (Unagi-tare)

A versatile glaze and condiment for sushi, grilled foods and more. It's prethickened to give foods an attractive sheen and rich, sweet-savory flavor.

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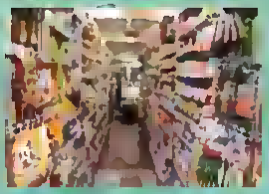

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Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.

Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

GROCERY

M2M Broadway & 114th
2535 Broadway (bet. 114th & 115th St.)
212-280-4600 — Japanese

Dolnobu*
129 E. 47th St. (bet. 3rd & Lexington Ave.)
212-755-7380 — Japanese

Katagiri & Co.,Inc*
224 E. 50th St. (bet. 2nd & 3rd Ave.)
212-755-3566 — Japanese

Sunrise Mart Midtown*
12 East 41st St (bet. 5th Ave. & Madison Ave.)
646-340-9260 — Japanese

Yagura
24 E. 41st St. (bet. Madison & 5th Ave.)
212-679-3777 — Japanese

H Mart Hon Ah Reum
25 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-3263 — Korean

Woorijip
12 W. 32nd St. (bet. 5th Ave. & Broadway)
212-244-0115 — Korean

Japon Premium Beef
57 Great Jones St. (bet. Bowery & Lafayette)
212-260-2333 — Other

JAS Mart*
35 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-420-6370 — Japanese

M2M E. Village*
209 E. 11th St. (at 3rd Ave.)
212-353-2688 — Japanese

Sunrise Mart Astor Pl.*
4 Stuyvesant St. 2 Fl. (bet. 9th St. & 3rd Ave.)
212-598-9040 — Japanese

Tokyo Mart*
91 Mulberry St. (bet. Bayard & Canal St.)
212-362-6622 — Japanese

Pearl River Mart*
477 Broadway (bet. Grand & Broome St.)
212-431-4770 — Chinese

Sunrise Mart SoHo*
494 Broome St. (Wooster St. & W. Broadway)
212-219-0033 — Japanese

Midoriya*
167 Ninth St. Brooklyn, NY 11211
718-599-4690 — Japanese

Family Market*
23-15 Broadway Astoria, NY 11106
718-359-7525 — Japanese

H & Y Marketplace
150-51 Northern Blvd. Flushing, NY 11354
718-461-0511 — Korean

H Mart Northern 156
156-40 Northern Blvd. Flushing, NY 11354
718-888-0005 — Korean

H Mart Northern Blvd
141-40 Northern Blvd. Flushing, NY 11354
718-359-0700 — Korean

H Mart Union
29-07 Union St. Flushing, NY 11354
718-445-5656 — Korean

H Mart Williston Park*
400 Hillside Ave. Williston Park, NY 11596
516-659-0270 — Korean

H Mart Woodside
56-18 Woodside Ave. Flushing, NY 11377
718-446-0758 — Korean

Sakura-ya
73-05 Austin St. Forest Hills, NY 11375
718-268-7220 — Japanese

H Mart Great Neck*
495 Great Neck Rd. Great Neck, NY 11021
516-482-3113 — Korean

Nara Japanese Foods*
163A Main St. Port Washington, NY 11050
516-883-1896 — Japanese

Shin Nippon Do*
53 Magnolia Ave. Roslyn Heights, NY 11577
516-625-1014 — Japanese

DAIDO
522 Mamaroneck Ave. White Plains, NY 10605
914-683-6735 — Japanese

DS Seafood
14-16 North Central Ave. Hartsdale, NY 10530
914-949-5095 — Japanese

Fuji Mart Scarsdale*
819 White Plains Rd. Scarsdale, NY 10583
914-472-1188 — Japanese

H & Y Marketplace
47-16 Parsons Blvd. Flushing, NY 11001
516-935-4041 — Korean

Kom Sen Foods*
22 Barker Ave. White Plains, NY 10601
914-428-4500 — Korean

NIJIYA Market*
16 N. Central Ave. Hartsdale, NY 10530
914-949-2178 — Japanese

Dishunbo*
243 Halstead Ave. Harrison, NY 10528
914-835-4390 — Japanese

Asian Market*
51 Colvin Ave. Albany, NY 12203
518-459-1186 — Chinese

H & Y Marketplace
1 Riverside Pl. Ridgefield, NJ 07657
201-943-7400 — Korean

H & Y Marketplace
433 S. Washington Ave. Bergenfield, NJ 07621
201-384-9288 — Korean

H Mart Cherry Hill
1720 Route 70 E. Cherry Hill, NJ 08003
856-489-4611 — Korean

H Mart Englewood
25 Lafayette Ave. Englewood, NJ 07631
201-871-8822 — Korean

H Mart Little Ferry
290 Bergen Tpke. Little Ferry, NJ 07643
201-814-0400 — Korean

H Mart Ridgefield
321 Broad Ave. Ridgefield, NJ 07657
201-943-9600 — Korean

Mitsuwa Marketplace*
595 River Rd. Edgewater, NJ 07020
201-941-9113 — Japanese

Ridgewood Fisheries
30 Prospect St. Ridgewood, NJ 07450
201-670-0882 — Japanese

Fuji Mart Connecticut*
1212 Putnum Ave. Old Greenwich, CT 06870
203-698-2107 — Japanese

Million Asian Market
15 Orange St. New Haven, CT 06510
203-782-1234 — Other

Mondo*
36 N. Narberth Ave. Narberth, PA 19072
610-747-0557 — Japanese

Tokyo Japonese Store
5955 Ellsworth Ave. Pittsburgh, PA 15232
412-661-3777 — Japanese

SAKE

Gotham Wines & Liquors*
2517 Broadway (bet. 93rd & 94th St.)
212-932-0990 — Sake/Shochu

Nancy Wine's
313 Columbus Ave. (bet. 74th & 75th St.)
212-877-4040 — Sake/Shochu

Gomet Wine & Liquors*
629 Lexington Ave. (at 58th St.)
212-772-3211 — Sake/Shochu

Mister Wright*
1533 3rd Ave. (bet. 89th & 90th St.)
212-722-4564 — Sake/Shochu

Ambassador Wine & Spirits*
1020 2nd Ave. (at 54th St.)
212-421-5078 — Sake/Shochu

Beekman Liquors
500 Lexington Ave. (bet. 47 & 48th St.)
212-759-5957 — Sake

Landmark Wine*
167 W. 23rd St. (bet. 6th & 7th Ave.)
212-242-2323 — Sake/Shochu

MJK liquor
161 3rd Ave. (bet. 15th and 16th St.)
212-475-8168 — Sake/Shochu

Union Square Wine & Spirits*
140 4th Ave. (at 13th St.)
212-675-8100 — Sake/Shochu

LE DU WINES
500 Washington St. (at Leroy St.)
212-924-0999 — Sake

Astor Wines & Spirits
399 Lafayette St. (at 4th St.)
212-674-7500 — Sake/Shochu

SAKAYA*
324 E. 9th St. (bet. 1st and 2nd Ave.)
212-505-7263 — Sake/Shochu

Warehouse Wines
735 Broadway (bet. Waverly St. & Astor Pl.)
212-982-7770 — Sake/Shochu

East Village Wine
183 Stanton St. (bet. Attorney & Clinton St.)
212-358-7700 — Sake

New York Wine Exchange
5 Broadway (bet. Battery Pl. & Morris St.)
212-422-2222 — Sake/Shochu

September Wines & Spirits
100 Stanton St. (at Ludlow St.)
212-388-0770 — Sake

Grenyette Wine*
151 Grand St. (bet. Lafayette St.)
212-925-1236 — Sake/Shochu

Smith and Vine
286 Smith St. (bet. Sackett & Degraw St.)
718-243-2964 — Sake

Allendale Wine & Liquors
101 W. Allendale Ave. Allendale, NJ 07401
201-327-7905 — Sake/Shochu

Delite Super Market
420 Washington St. Hoboken, NJ 07030
201-420-7600 — Sake/Shochu

JAPANESE WHOLESALER

Peleewong Trading
528 10th Ave. (at 45th St.)
212-245-4660 — Sake

JFC International Inc.*
40 Varick Ave. (bet. Thames St. & Johnson Ave.)
718-456-8805 — Food/Sake

Central Boeki U.S.A., Ltd.
55-30 46th St. Maspeth, NY 11378
718-726-8966 — Food

Daiei Trading Co., Inc.*
14-60 128th St. College Point, NY 11356
718-539-8100 — Food/Sake

New York Mutual Trading Inc.*
25 Knickerbocker Rd. Moonachie, NJ 07074
201-933-9555 — Food/Sake

Nishimoto Trading Co., Ltd.*
302 Washington Ave. Carlstadt, NJ 07072
201-804-1600 — Food/Sake

Wine of Japon Import, Inc.
235 West Parkway Pompton Plains, NJ 07444
973-835-8585 — Sake

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THE KURAMOTO -VOL.28-

THE BREWERY WHERE FIREFLIES LIVE

TENZAN SAKE BREWERY COMPANY

Known as the producer of Tenzan and Shichida sake lines, Tenzan Sake Brewery is actually located at the foot of a chain of mountains called Tenzan (Celestial Mountain) in Saga Prefecture. The area is blessed with an abundance of natural resources and particularly the Gion River in front of the brewery is famous for pristine water that attracts fireflies, making the place a recognized firefly landmark. Taking advantage of this natural resource was a water milling business, which continued on to a noodle making business prior to the establishment of the brewery. In 1875, they entered the sake brewing industry, having bought the sake brewing facilities from a brewer going out of business, and making full use of the high quality water resource.

With the aim of enriching and fulfilling their customers' minds through sake culture, the brewery constantly strives to introduce something new to their business and develop innovative products as well as incorporating their deep connections with their local community. This is demonstrated in their history: their businesses transitioned from water milling to noodle making to sake brewing; they built pioneering warehouses and started growing their own sake rice. Their innovative spirit has been passed down for centuries up to the current president, sixth generation Kensuke Shichida, with the brewery maintaining three philosophies: "quality first", "timelessness and timeliness" and "harmony brews good sake".

The epitome of their innovative spirits can be seen in their recent effort to make the Shichida series. Against the industry trend of making daiginjo class sake with a higher rice polishing rate to get clean flavor, Tenzan Sake Brewery began ten years ago to engage in making delicious sake with the lowest possible percentage of polished rice. This has been quite a challenge because low percentages of polished rice have a tendency to produce excessive, unwanted flavors. Regardless of the difficulties, they successfully developed exquisite sake with plenty of umami and rice flavor, which naturally pairs well with meals. Four sakes from the series are currently available in the U.S. market and are sure to become a house favorite.

Tenzan Sake Brewery Company
1520 Iwakura, Ogi-machi, Ogi-shi, Saga
845-0003 JAPAN
TEL. +81-952-73-3141
www.tenzan.co.jp
www.facebook.com/tenzan.sake

THREE THINGS YOU SHOULD KNOW ABOUT TENZAN SAKE BREWERY

Famed firefly waters of the Gion River flow in front of the brewery. The birthplace of the Genji firefly, it is known throughout the nation as a famous spot for fireflies. The brewery uses water that shares its source with the Gion River, which is designated as one of Japan's 100 purest spring waters.

The second-generation president of the brewery had a strong passion for architecture and actively worked on constructing sake warehouses. Made at their respective times, the Meiji-gura Warehouse, Taisho-gura Warehouse, Showa-gura Warehouse and up-light waterwheel and its waterways are each registered as a national cultural property and a Saga Prefecture heritage site. These facilities are still in use.

Under the supervision of young master brewer, Jun Goto, and with the company philosophy "harmony brews good sake", a younger brewing team strives to make quality sake. In addition, since 1999 they have also devoted themselves to growing Yamadanishiki rice in an expanding rice field right in front of the brewery.

Let's Eat the Season

-Spanish Mackerel-

You might think that cooking fish is difficult and requires an elaborate technique. Not always. This month, Misako-sensei introduces a simple yet mouthwatering grilled fish dish using Spanish mackerel. Called sawara in Japan, the kanji character for Spanish mackerel is a combination of "fish" and "spring." As this implies, it is considered a spring fish, available starting in March. Japanese people can actually enjoy this fish all year round, though, and the cold season makes it fattier and tastier. So, this is the best time to enjoy Spanish mackerel. The fish has a soft, white meat that gives it a mild and elegant flavor grilled, simmered, or even fresh. As for its nutritional value, Spanish mackerel is full of protein as well as vitamins A, B2, and D and contains an abundance of potassium, which is known to control high blood pressure. The fish is also rich in omega-3 fatty acids like docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Enjoy this nutritious and scrumptious grilled Spanish mackerel at home.

Grilled Half-Dried Spanish Mackerel

[INGREDIENTS] (Serves 3-4 people)
- ❒ 2 fillets fresh Spanish mackerel
- ❒ Some salt
- ❒ 1 lemon

[DIRECTIONS]

1. Rinse mackerel under cold water and pat dry with paper towel to remove all excess moisture.
2. Cut each fillet into 3 pieces.
3. With a very sharp knife, make an X-shaped slit on the skin of each piece.
4. Sprinkle both sides with salt.
5. Line plate with paper towel and place fish skin-side up. WITHOUT covering, put in refrigerator overnight to dry.
6. Take fish out and place skin-side up on baking sheet lined with non-stick aluminum foil.
7. Broil 6–8 minutes until skin is crispy and brown.
8. Serve with lemon.

Tip. Drying the fish overnight in the fridge makes the skin extra crispy and makes the flavor more intense when grilled

MISAKO SASSA *Japanese cooking instructor/food consultant*
Misako teaches authentic Japanese cooking focusing on simple, delicious, and healthy home-style cooking using seasonal and local ingredients.
Website: Japaneseculinarystudionyc.com
Cooking video: ny1page.com

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available
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Romantic Dining
Local Favorite
Vegetarian Friendly
Business Dinner

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Upper West

Aki Sushi Lounge — $18
507 Columbus Ave (bet. 84th & 85th St.)
212-362-2200

Bar Masa — $69
Time Warner Ctr 10 Columbus Cir
212-823-9800

Dan Japanese Restaurant — $20
2015 Broadway (at 69th St.)
212-877 5255

Geri — $80
370 Columbus Ave (bet. 77th & 78th St.)
212-362-4810

Haru — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212-579-5655

Ichie Restaurant — $20
53 W. 10th St. (bet. Manhattan & Columbus Ave.)
212-765-4808

Kitara — $18
510 Amsterdam Ave (bet. 84th & 85th St.)
212-787 3008

Kouzan — $25
685 Amsterdam Ave (at 93rd St.)
212-280-8099

Kumo Sushi — $30
165 W. 72nd St. (Columbus & Amsterdam Ave.)
212-580-6226

Mama Sushi — $25
237 Dyckman St. (Broadway & Seaman Ave.)
212-567 2450

Mana Organic Cafe — $20
646 Amsterdam Ave (bet. 91st & 92nd St.)
212-787 1110

Masa — $400
Time Warner Ctr 4FI Columbus Cir.
212-823-9800

Matsu — $20
483 Columbus Ave (bet. 83rd & 84th St.)
212-799-7922

Momoya Amsterdam — $42
427 Amsterdam Ave (bet. 80th & 81st St.)
212 580-0007

Next Door — $25
813 W. 187th St (Pinehurst & Fort Washington)
212-543-2111

Ozu — $20
566 Amsterdam Ave (bet. 87th & 88th St.)
212-787 8316

Planet Sushi* — $25
390 Amsterdam Ave (at 78th St.)
212 712 2162

RAKU — $20
57 W. 76th St (at Columbus Ave.)
212-873-1220

Sage Grill — $25
1266 Amsterdam Ave (bet. 122nd & 123rd St)
212-666-2966

Saju — $20
256 W. 109th St (Broadway & Amsterdam Ave.)
212-749-1834

Suma Sushi — $25
964 Amsterdam Ave (bet. 106th & 107th St.)
212-280-5850

Sun-Chen* — $25
2707 Broadway (bet. 103rd & 104th St.)
212-749-5001

Sushi A-Go-Go — $20
1300 Broadway (bet. 63rd & 64th St.)
212-724-7340

Sushi Hana — $35
496 Amsterdam Ave (bet. 82nd & 83rd St.)
212-874-1078

Sushi Yu 2 — $15
327 W. 181st St (bet. Pinehurst & Cabrini)
212-781 6833

Tamoya — $14
4030 Broadway (bet. 163th & 170th St.)
212-568-0031

Tenzoe — $32
285 Columbus Ave. (bet. 73rd & 74th St.)
212-580-7300

Vine Sushi & Sake — $20
2953-55 Broadway (bet. 115th & 116th St.)
212-222-3565

Upper East

Aki Sushi — $25
1425 York Ave (bet. 75th & 76th St.)
212-628-8885

Dongun — $54
309 E. 83rd St. (bet. 1st & 2nd Ave.)
212 737-5858

East Japanese* — $22
354 E. 69th St (bet. 1st & 2nd Ave.)
212-734-5270

Fuji Yama — $30
1466 1st Ave (bet. 76th & 77th St.)
212-249-2722

Geisha — $61
33 E. 61st St (bet. Park & Madison Ave.)
212-813-1113

Ginze — $20
800 Lexington Ave (at 62nd St.)
212-888-7858

Haru — $30
1329 3rd Ave (at 76th St.)
212-452-1028

Haru Sake Bar — $38
1327 3rd Ave (at 76th St.)
212-452 2230

Ichiro — $30
1594 2nd Ave (bet. 81th & 82th St.)
212-369-6300

Ikenohana — $25
1016 Lexington Ave (bet. 72nd & 73rd St.)
212-737 8636

IRON Sushi* — $28
355 E. 76th St (bet. 1st & 2nd Ave.)
212 772 7660

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Upper East **Iwasaki Sushi**
1103 1st Ave (bet. 60th & 61st St.) $25
212-308-9828

Upper East **Ku Sushi (2nd Ave.)**
1329 2nd Ave (at 70th St.) $31
212-439-1678

Upper East **Ku Sushi (York Ave.)**
1618 York Ave (bet. 85th & 86th St.) $31
212-972-4438

Upper East **Kuto Sushi***
310 E 93rd St (bet. 1st & 2nd Ave.) $30
212-426-1216

Upper East **Kyoto Sushi**
1240 Lexington Ave (bet. 83rd & 84th St.) $30
212-288-5024

Upper East **Matsu**
411 E 70th St (bet. York & 1st Ave.) $30
212-744-5454

Upper East **Nuruto Ramen***

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1596 3rd Ave (bet. 90th & 90th St.) $10
212-289-7603

Upper East **Ouki Sushi**
1575 3rd Ave (bet. 88th & 89th St.) $35
212-828-3398

Upper East **Puku**
343 E 85th St (bet. 1st & 2nd Ave.) $30
212-249-0569

Upper East **Susahunu**
401 E 73rd St (bet. 1st & York Ave.) $85
212-249-6583

Upper East **Shuhu-Shubu 70***
314 E 70th St. (bet. 1st & 2nd Ave.) $37
212-861-5635

Upper East **Sushi Hauu**
1501 E. 2nd Ave (at 76th St.) $30
212-327-0562

Upper East **Sushi of Gan**
402 E 78th St (bet. 1st & York Ave.) $80
212-517-5340

Upper East **Sushi Suku***
1143 First Ave (bet. 62nd & 63rd St.) $57
212-371-0236

Upper East **Sushi Suki**
1577 York Ave (bet. 83rd & 84th St.) $20
212-249-3788

Upper East **Tatuui 72**
1400 2nd Ave (bet. 72nd & 73rd St.) $20
212-472-1700

Upper East **Tunzuu**
988 2nd Ave (at 53th St.) $35
212-980-5900

Upper East **Tunyuki Boy***
1640 3rd Ave (bet. 91st & 92nd St.) $7
212-987-7150

Upper East **Tukubei 86***
314 E. 86th St. (bet. 1st & 2nd Ave.) $25
212-628-5334

Upper East **TORI SHIN**
1163 1st Ave. (bet 64th & 65th St.) $70
212-888-6408

Upper East **Totoya**
1144 1st Ave. (at 63rd St.) $25
212-758-0422

Upper East **Wujima**
134 E. 61st St. (bet. Lexington & Park Ave.) $30
212-813-9065

Upper East **Wusahi Lobby**
1564 2nd Ave (at 82nd St.) $30
212-585-8892

Upper East **YUKA***
1557 2nd Ave (bet. 80th & 81st St.) $25
212-772-9675

Upper East **Yuku**
1531 York Ave (at 81st St.) $25
212-585-5600

Midtown West

Midtown West **Aki Sushi**
305 W 52nd St (bet. 8th & 9th Ave.) $30
212-262-2868

Midtown West **Aoki**
234 W. 46th St (bet. Broadway & 8th Ave.) $30
212-956-2359

Midtown West **Buuhuuu**
47 W. 56th St (bet. 5th & 6th Ave.) $30
212-581-0930

Midtown West **Bunto Sushi***

They offer h gh quality Japanese meal made fresh to go. W th the motto "fast, cheap and del cious" they are here to prov de ready to-eat Japanese meals and snacks that are delic ous and healthy for you. Sush bento box and noodles are available.
1407 Broadway (bet. 38th & 39th St.) $8
212-354-1405

Midtown West **Bluu Ribbuu Sushi**
305 W. 58th St (bet. 8th & 9th Ave.) $61
212-397-0404

Midtown West **East 55**
253 W. 55th St (bet. Broadway & 8th Ave.) $20
212-581-2240

Midtown West **Gu Sushi**
756 9th Ave. (at 51st St.) $20
212-459-2286

Midtown West **GO! GO! CURRY!***

The triple crown w nner of Japanese curry contest s the one and the only curry specialty restaurant. They are known for long l nes of d ners and now take advanced orders. Del very is ava lable in Midtown West and East for a l mited t me. Details on website.
273 W. 38th St (bet. 7th & 8th Ave.) $8.5
212-730-5555 www.gogocurryusa-ny.com

Midtown West **Haru**
205 W. 43rd St (bet. Broadway & 8th Ave.) $35
212-390-9810

Midtown West **Huyuahi Yu**
857 9th Ave. (bet. 55th & 56th St.) $26
212-25e-2939

Midtown West **Inakaya**
620 9th Ave (at 40th St.) $45
212-354-2135

Midtown West **Isu 56**
58 W. 56th St (bet. 5th & 6th Ave.) $20
212-707-8702

Midtown West **Ishihama**
319 5th Ave (at 32nd St.) $25
212-696-0202

"KORE WA NAN DESU KA"

[meaning] What is this?

[usage] The phrase is especially convenient while shopp ng and dining at a restaurant. You just point out the item you like to buy or eat and say "kore wa nan desu ka."

Owned by the same company as Sake Bar Hagi
Izakaya IROHA
An izakaya style restaurant with a large selection, reasonable prices, and featuring sushi
152 W. 49th St. (bet. 6th & 7th Ave.) TEL: 212-398-1049
Lunch: Mon-Fri 11:45am-3pm. Dinner: everyday 5pm-12am

Dishes you've never seen before!
Yuki Champon
Stir fried noodles with a hearty, firm bite, topped with a delicious combination of thick ankake sauce and plenty of vegetables (dinner only)
$11.50
IZAKAYA RIKI
141 E 45th St. (bet 3rd & Lexington) TEL: 212-986-5604
Lunch Mon-Fri 11:30am-2:30pm
Dinner Mon-Sat 6pm-3am, Sun 5:30pm-12:30am

Mikado
Japanese Bistro & Sushi Bar

525 6th Ave (bet. 13th & 14th St.)
TEL 212-255-9981/9431
Free Delivery - min. $10
Open 7 Days
www.MikadoSushiBar.com

Midtown West **Izakaya IROHA** $32
152 W 49th St (bet. 6th & 7th Ave.)
212-956-3049

Midtown West **KATSUHAMA55** $18
43-45 W 55th St (bet. 5th & 6th Ave.)
212-541-7145

Midtown West **Kodama 45** $20
301 W 45th St (at 8th Ave.)
212-582-8065

Midtown West **Koi** $50
40 W 49th St (bet. 5th & 6th Ave.)
212-921-3330

Midtown West **Kyotofu** $25
705 9th Ave (bet. 48th & 49th St.)
212-974-6012

Midtown West **Menchanko-Tei*** $18
43-45 W 56th St (bet. 5th & 6th Ave.)
212-247-1545

Midtown West **Meakei-Tei** $20
80 W 56th St (bet. 5th & 6th Ave.)
212-957-1642

Midtown West **Monster Sushi*** $30
22 W 47th St (bet. 5th & 6th Ave.)
212-888-7707

Midtown West **Natsumi** $30
226 W 50th St (bet. Broadway & 8th Ave.)
212-956-2563

Midtown West **NOBU 57** $100
40 W 57th St (bet. 5th & 6th Ave.)
212-757-3000

Midtown West **Ocha*** $25
350 W 46th St (bet. 8th & 9th Ave.)
212-581-3138

Midtown West **Oyishi Sushi** $12
374 W 45th St (at 9th Ave.)
212-265-5656

Midtown West **Rio & You*** $25
328 W 45th St (bet. 8th & 9th Ave.)
212-307-0717

Midtown West **Saku Bar Hugi*** $30
152 W 49th St (bet. 6th & 7th Ave.)
212-764-4549

Midtown West **Sapporo*** $13
152 W 49th St (bet. 6th & 7th Ave.)
212-765-0372

Midtown West **Shimizu** $31
318 W 51st St (bet. 8th & 9th Ave.)
212-581-1581

Midtown West **Soba Nippon*** $30
18 W 52nd St. (bet. 5th & 6th Ave.)
212-489-2525

Midtown West **Sugiyamu** $90
251 W 55th St (bet. Broadway & 8th Ave.)
212-956-0670

Midtown West **Sushi Dome Dome** $60
330 W 58th St (bet. 8th & 9th Ave.)
212-707-8803

Midtown West **Sushi of Gari 46** $80
347 W 46th St (bet. 9th & 10th Ave.)
212-957-0046

Midtown West **Sushi Zen** $70
108 W 44th St (bet. 6th & 7th Ave.)
212-302-0707

Midtown West **Sushiden*** $45
123 W 43rd St (bet. 6th & 7th Ave.)
212-869-2800

Midtown West **Sushiya*** $20
28 W 56th St (bet. 5th & 6th Ave.)
212-247-5756

Midtown West **TABATA*** $11
540 9th Ave (bet. 39th & 40th St.)
212-290-7991

Midtown West **Terakawa Ramen*** $12
885 9th Ave (bet. 57th & 58th St.)
212-307-0170

Midtown West **Totto Ramen** $20
366 W 52nd St (bet. 8th & 9th Ave.)
212-582-0052

Midtown West **Yakiton TOTTO** $40
251 W 55th St (bet. Broadway & 8th Ave.)
212-245-4555

Midtown West **Yoshinoya** $7
255 W 42nd St (bet. 7th & 8th Ave.)
212-703-9540

Midtown West **Yummy Sushi*** $10
30 Rockefeller Plaza Concourse Level
212-459 2100

Midtown East

Midtown East **Ahuriya Kinnosuke*** $60
213 E 45th St (bet. 2nd & 3rd Ave.)
212-867-5454

Midtown East **Aquamarine** $30
713 2nd Ave (bet. 38th & 39th St.)
212-257-1880

Midtown East **Azusa*** $38
3 E 44th St (bet. Madison & 5th Ave.)
212-681-0001

Midtown East **DONBURI-YA*** $25
137 E 47th St (bet. 3rd & Lexington Ave.)
212-980 7309

Midtown East **E53 Teriyaki House*** $20
220 E 53rd St (bet. 2nd & 3rd Ave.)
212-888-6075

Midtown East **Gyo-Kaku*** $40
905 3rd Ave 2 Fl (at 50th St.)
212-702-4816

Midtown East **Hakubai** $66
The Kitano Hotel 66 Park Ave (at 38th St.)
212-885-7111

Midtown East **Haru** $35
280 Park Ave (at 48th St.)
212-450-9580

Midtown East **Hatsuhana**

Established in 1976, Hatsuhana is a longstanding New York sushi restaurant. Conveniently located just 3 minutes from Rockefeller Center it is perfect for business lunches. At dinnertime, try their Omakase at sushibar, or prix fixe and entree starting at $23

17 E 48th St (bet. 5th & Madison Aves.) $50
212-355-3345 www.hatsuhana.com

Midtown East **Hatsuhana Park*** $35
237 Park Ave (bet. 45th & 46th St.)
212-661-3400

Midtown East **Hide-Chan Ramen** $20
248 E 52nd St 2 Fl (bet. 2nd & 3rd Ave.)
212-813-1800

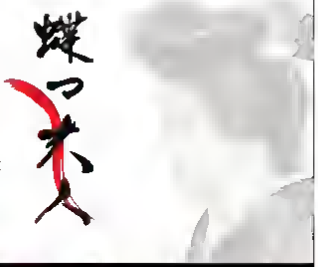
Midtown East **Izakaya Riki**

Serving Midtown Manhattan for over 20 years, Izakaya Riki offers many variations of Japanese Izakaya style food. Their refreshing lunch set ($15) is not to be missed. Open until 3 am from Mon-Fri, Riki opens its doors to hungry New Yorkers.

141 E 45th St (bet. Lexington & 3rd Ave.) $40
212-599-1109

蝶々

cho cho san
Japanese Restaurant
15 W 8th St (bet. 5th & 6th Ave.)
212 473 3333
www.chochosanrestaurant.com



HAPPY HOUR! $10 ALL YOU CAN DRINK HOUSE SAKE

ennju
Authentic Japanese Food at Reasonable Prices

Daily special donburi with soup
$8.50
Check out facebook, twitter, or the website to see which flavor we're serving today. Info is posted every morning

Check out our gallery of Buddha statues!

DELIVERY SELF-SERVICE TAKEOUT

ennju
20 E 17th St (bet. 5th Ave & Broadway)
Tel 646-336 7004 / www.ennju.com / twitter @ennjukst
Mon-Fri 11:30am-10pm Sat & Sun 12pm-8pm

Midtown East **Ise 49**
151 E 45th St. (bet 3rd & Lexington Ave.) $25
212-818-9776

Midtown East **Izakaya Aniyoshi**
226 E 53rd St (bet 2nd & 3rd Ave.) $25
212-319-3940

Midtown East **Jukai**
237 E 53rd St (bet 2nd & 3rd Ave.) $30
212-588-9768

Midtown East **KATSUHAMA47***
11 E 47th St. (bet Madison & 5th Ave.) $18
212-758-5909

Midtown East **Kuruma Zushi**
7 E 47th St 2 Fl (bet. Madison & 5th Ave.) $110
212-317-2802

Midtown East **Mai Sushi Restaurant**
18 E 41st St (bet. 5th & Madison Ave.) $18
212-400-6080

Midtown East **MEGU Midtown**
645 UN Pl (bet. 47th & 48th st.) $125
212-891-7777

Midtown East **Meachaaka-Tei**
131 E 45th St (bet 3rd & Lexington Ave.) $14
212-986-6605

Midtown East **MOCO**
Serving the popular Nobu-chan ramen named after the chef who created it. Available with shoyu and/or shio flavor with gyukotsu (beef) tonkotsu (pork) chicken or seafood broth. Moco is open late every day
516A 3rd Ave (bet. 34th & 35th St.) $30
212-685-3693

Midtown East **Nada-Sushi**
135 E 50th St (bet. 3rd & Lexington Ave.) $25
212-838-2537

Midtown East **Nippon***
155 E 52nd St (bet 3rd Ave. & Lexington) $49
212-754-0226

Midtown East **Omsbo***
156 E 45th St (bet. 3rd & Lexington Ave.) $9
212-922-9788

Midtown East **Oaya***
143 E 47th St (bet 3rd & Lexington Ave.) $30
212-715-0460

Midtown East **Restaurant SEO***
248 E 49th St (bet 2nd & 3rd Ave.) $40
212-355-7722

Midtown East **Rirogo**
205 E 45th St (bet 2nd & 3rd Ave.) $50
212-867-4200

Midtown East **Roain Bar & Grill**
9 E 37th St (bet Madison & 5th Ave.) $15
212-213-5137

Midtown East **Sakagura***
Largest sake bar in the world serving over 200 varieties of sake and seasonal daily specials. Homemade soba and lunch set of soba & rice bowl are popular. This amazing indeout situated on the basement level is purfect for couples. Private parties available
211 E 43rd St. 1F (bet. 2nd & 3rd Ave.) $50
212-953-7253 www.sakagura.com

Midtown East **Shinbashi**
7 E 48th St (bet Madison & 5th Ave.) $30
212-813-1005

Midtown East **Soba TOTTO**
211 E 43rd St. 1 Fl (bet. 2nd & 3rd Ave.) $40
212-557-8200

Midtown East **Shachu Bar Hatchaa**

Conveniently located near Grand Central Station it's an oasis offering a wide selection of shochu and Japanese tapas. Enjoy drinks with yakitori and sushi served from the adjacent Yakitori East Restaurant. No cover charge. Discover your favorite shochu here
210 E 46th St (bet. 2nd & 3rd Ave.) $30
212-687-5075

Midtown East **Sushi Time**
821 2nd Ave (at 44th St.) $20
212-682-8983

Midtown East **SushiAno**
38 E 51st St (at Park Ave.) $50
212-755-1780

Midtown East **Sushidea***
18 E 49th St (bet Madison & 5th Ave.) $45
212-758-2700

Midtown East **Tokya***
342 Lexington Ave (bet. 39th & 40th St.) $50
212-697-9330

Midtown East **Tsushima**
141 E 47th St (bet. 3rd &Lexington Ave.) $40
212-207-1036

Midtown East **West Udon Izakaya**
150 E 40th St (bet 3rd & Lexington Ave.) $10
212-922-9477

Midtown East **Yakitori East***
210 E 44th St (bet. 2nd & 3rd Ave.) $20
212-697-5078

Midtown East **YAMA Restaurant**
300 E 49th St (bet. 1st & 2nd Ave.) $28
212-355-3370

Midtown East **Yamakage Tokya**
1028 2nd Ave (bet 54th & 55th St.) $30
646-570-0653

Korea Town

Korea Town **Ichi Umi Restaurant***
9 E 32nd St. (bet Madison & 5th Ave.) $35
212-725-1333

Korea Town **Izakaya Moku**
10 W 32nd St 2 Fl (bet 5th Ave & Broadway) $20
212-736-3232

Korea Town **Kirakuya**
2 W 32nd St (bet 5th Ave & Broadway) $25
212-695-7272

Korea Town **Toyama Sushi**
11 W 36th St (bet 5th & 6th Ave.) $22
212-967-3541

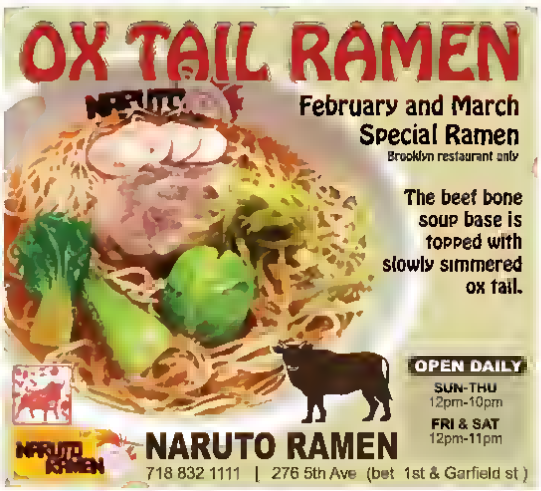
Chelsea

Chelsea **Blue Gingar**
105 8th Ave (bet 15th & 16th St.) $30
212-462-0911

Chelsea **Daioh Sushi***
300 W 23rd St (bet. 8th & 9th Ave.) $20
212-727-0808

Chelsea **eanja***

A self-service restaurant conveniently located near union square staff on sunnju features an original menu created by the Japanese owner. There are many items to choose from including sushi bento ramen udon daily donburi and sake
20 E 17th St (bet. 5th Ave & Broadway) $10
646-336-7004



Chelsea **IRON Sushi** $30
440 3rd Ave (bet. 30th & 31st St.)
212-447-5622

Chelsea **Izakaya Tao** $25
207 10th Ave (bet. 22nd & 23rd St.)
212-627-7777

Chelsea **Matsuri** $30
359 W 16 St (at 9th Ave.)
212 243-6400

Chelsea **Momoya Chelsea** $40
165 7th Ave (at 21st St.)
212-863-4466

Chelsea **Monstar Sushi*** $30
158 W 23rd St (bet. 6th & 7th Ave.)
212-620-9131

Chelsea **MORIMOTO** $90
88 10th Ave (bet. 15th and 16th St.)
212-989-8883

Chelsea **Naka Naka** $50
456 W 17th St (bet. 9th & 10th Ave.)
212-929-9544

Chelsea **Tauuki Tavara** $50
Gansevoort Hotel 18 9th Ave (at 13th St.)
212-660-6766

Chelsea **Tahaya** $10
144 W 19th St (bet. 6th & 7th Ave.)
212-924-3335

Gramercy

Gramercy **15 EAST** $80
15 E 15th St (bet. Un onsquare W & 5th Ave.)
212-647-0015

Gramercy **Aji Sushi** $25
513 3rd Ave (bet. 34th & 35th St.)
212-686-2055

Gramercy **Choshi*** $20
77 Irving Place (at 19th St.)
212-420-1418

Gramercy **Hamachi** $23
34 E. 20th St (bet. Park Ave. & Broadway)
212-420-8608

Gramercy **Haaa** $30
345 1st Ave (at 20th St.)
212-580-0135

Gramercy **Haru** $30
220 Park Ave. S (at 18th St.)
646-429-0588

Gramercy **Kaitan Sushi East*** $15
359 3rd Ave (bet. 26th & 27th St.)
212-889-2328

Gramercy **Mishima*** $25
164 Lexington Ave (bet. 30th & 31st St.)
212-532 9506

Gramercy **Momokawa** $45
157 E. 29th St (bet. 3rd & Lexington Ave.)
212-684-7930

Gramercy **Sahuri** $20
168 Lexington Ave (bet. 30th & 31st St.)
212-481-7756

Gramercy **Sashi SAMBA** $35
245 Park Ave South (bet. 19th & 20th St.)
212-475-9377

Gramercy **Sushi SEN-NIN** $40
30 E. 33rd St (Park Ave. S. & Madison Ave.)
212-889-2208

Gramercy **Tarakawa Ramen*** $12
16 Lexington Ave (bet. 23rd & 22nd St.)
212 777 2539

Gramercy **YAMA Restaurant** $20
122 E. 17th St. (at Irving Pl.)
212-475-0969

West Village

West Village **aki na west 4** $44
181 W. 4th St (bet. 6th Ave. & 7th Ave.)
212-989-5440

West Village **Cho Cho San*** $25

A neighborhood restaurant perfect for a get together with friends and family. They offer the reinvented traditional home cooking including many organic and healthy dishes at affordable prices. Student discount available
15 W. 8th St (bet. 5th & 6th Ave.)
212-473-3333 www.chochosanrestaurant.com

West Village **Hakata Tantoa*** $25
61 Grove St (bet. 7th Ave. & Bleecker St.)
212-242-9595

West Village **Marumi*** $30
540 LaGuardia Pl (bet. Bleecker & 3rd St.)
212-979-7056

West Village **Mikado** $20
525 6th Ave (bet. 13th & 14th St.)
212 255-8981

West Village **Miyabi** $15
121 W 3rd St. (bet. MacDougal St. & 6th Ave.)
121-677 2370

West Village **Miyagi** $25
220 W 13th St (bet. 7th & Greenwich Ave.)
212-620-3930

West Village **Nagomi** $35
179 Prince St (bet. Thompson & Sullivan St.)
212-387-8230

West Village **Ramen Takami*** $13
90 University Pl (bet. 11th & 12th St.)
212-229-2752

West Village **Rockmeisha*** $35
11 Barrow St (bet. 4th & Bleecker St.)
212-675-7775

West Village **Soto** $45
357 6th Ave (bet. 4th St. & Washington Pl.)
212-414-3086

West Village **Sushi Mamba** $10
255 Bleecker St (bet. Leroy & Commerce St.)
212-675-5605

West Village **Sushi Yawa** $30
25 W 7th St (bet. 5th & 6th Ave.)
212-253-3698

West Village **Tomoe Sushi** $30
172 Thompson St (Houston & Bleecker St.)
212 777 1348

West Village **Ushiwakamaru** $80
136 W Houston St (Sullivan & MacDougal St.)
212 228-4181

West Village **YAMA on Carmine St.** $37
39-40 Carmine St (bet. Bedford & Bleecker St.)
212-989-3330

East Village

East Village **Ashiya** $15
187 1st Ave (bet. 10th & 11th St.)
212-505-3348

East Village **BONO STREET** $75
6 Bond St (bet. Lafayette & Broadway St.)
212 777 2500

EARLY BIRD
SPECIAL 5-6PM
A COMPLETE SET OF DINNER $9.95
Kobe Beef
$6.50 (reg.$9.50)
on Sundays & Wednesdays
Short Rib Discount on Mondays & Tuesdays
HAPPY HOUR
Sun-Thu. 5pm-8pm
Fri & Sat: 11:30pm-3am
•Draft Beer (Kirin) $2.50
•Shochu (7 kinds) $35/bottle
Yakiniku West SUSHI ALSO AVAILABLE
218 E 9th St (bet 2nd & 3rd Ave) 7 DAYS OPEN!
212-979-9238 Hours Sun-Thu: 5pm-11:30pm Fri & Sat: 5pm-4am

East Village **Cha-An**

Serving a wide variety of teas from China, Japan and India as well as original sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with wine or sake. Traditional tea ceremony in Senka-do (tatami tea room) is available by reservation.

230 E 9th St. 2Fl (bet. 2nd & 3rd Ave.) $20
212-228-8030 www.chaanteahouse.com

East Village **Curry-Ya**

You hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors and its intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.

214 E. 10th St. (bet. 1st & 2nd Ave.) $20
866-602-8779 www.nycurry-ya.com

East Village **Dieci**

228 E. 10th St. (bet. 1st & 2nd Ave.) $30
212-387-9545

East Village **East Noodle**

119 2nd Ave. (at 7th St.) $16
212-982-4295

East Village **Gyu-Kaku***

34 Cooper Sq. (bet. 4th St. and Astor Pl.) $40
212-475-2369

East Village **Hasaki***

210 E. 5th St. (2nd Ave. & Stuyvesant St.) $35
212-473-3327

East Village **IPPUDO NY**

65 4th Ave. (bet. 9th & 10th St.) $20
212-388-0088

East Village **IRON Sushi***

212 10th St. (bet. 1st&2nd Ave.) $28
212-228-0102

East Village **Japonica**

100 University Pl. (at 12th St.) $40
212-243-7752

East Village **JEWEL BAKO**

239 E. 5th St. (bet. 2nd Ave. & Cooper Sq.) $45
212-979-1012

East Village **Kajitsu**

414 East 9th Street (bet. Ave A & 1st Ave.) $80
212-228-4873

East Village **Kambi Ramen House***

351 E. 14th St. (bet. 1st & 2nd Ave.) $15
212-228-1306

East Village **Kamui Den**

168 Avenue A (bet. 11th & 12th St.) $25
212-777-2098

East Village **KASADELA**

642 E. 11th St. (bet. Ave. B & C) $30
212-777-1582

East Village **Kenka***

25 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-254-6363

East Village **Kuboya**

536 E. 5th St. (bet. Avenue A &B) $15
212-777-7010

East Village **Kyo Ya**

94 E. 7th St. (bet. Ave. A & 1st Ave.) $35
212-982-4140

East Village **Mey's Place Sushi***

121 2nd Ave. (bet. 7th & St. Marks Pl.) $10
212-533-8448

East Village **Menkui-Tei***

69 Cooper Sq. (bet. 7th St. & St. Marks Pl.) $10
212-228-4152

East Village **MINCA**

531 E. 5th St. (bet. Ave. A & B) $10
212-505-8001

East Village **Misoya**

125 2nd Ave. (bet. 7th and St. Marks Pl.) $20
212-777-4825

East Village **Natori**

58 St. Marks Pl. (bet. 1st & 2nd Ave.) $20
212-533-7711

East Village **Noodle Cafe Zen***

In the heart of East Village, Zen has been serving 12 kinds of ramen noodles as well as hearty udon, and sushi since 1985. Don't miss out on their All Day 50% OFF discount on all sushi or sushi rolls for an order over $16 and the late night happy hour after 10pm.

31 St. Marks Pl. (bet. 2nd & 3rd Ave.) $12
212-533-6855 www.zensushi-nyc.com

East Village **DH! Taisho***

9 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-673-1300

East Village **Otafuku***

A tiny vending like joint Otafuku specializes in popular Japanese comfort food. Takoyaki octopus dough and Okonomi yaki pancakes as well as Teriyaki and Dafuku mochi cake filled with red bean paste. Our food will make you feel like you are in downtown Tokyo.

238 E. 9th St. (bet. 2nd & 3rd Ave.) $6
212-353-8503

East Village **Rai Rai Ken***

Have you ever seen the movie Tampopo – a Japanese cult movie about sizing ramen noodle soup? Rai Rai Ken lets you experience this real Tokyo ramen without MSG. Don't forget our homemade gyoza too. They guarantee the most delightful experience!

214 E. 10th St. (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village **Ramen Setagaya (St. Marks Pl.)***

34A St. Marks Pl. (bet. 2nd & 3rd Ave.) $13
212-387-7559

East Village **Rohataya NY**

Seasoning fish shipped from Tsukiji market, and local ingredients briefully grilled to perfect mesh is authentic robatayaki. You will love the satisfying a la carte menu and the carefully selected sake and shochu. Chef's choice $45 tasting course $40 popular lunch set $10.

231 E. 9th St. (bet. 2nd & 3rd Ave.) $45
212-979-9674 www.robataya-ny.com

East Village **Sake Bar Decibel**

240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village **Sake Bar Satsko**

202 E. 7th St. (bet. Ave. B & C) $25
212-614-0533

East Village **Sapporo East**

164 1st Ave. (at 10th St.) $17
212-260-1330

East Village **Shabu-Tatsu***

216 E. 10th St. (bet. 1st & 2nd Ave.) $30
212-477-2572

East Village **Shima**

186-190 2nd Ave. (at 12th St.) $20
212-260-6303

East Village **Souen East Village***

328 E. 9th St. (bet. 1st & 2nd Ave.) $12
212-260-1155

wanna read back number?

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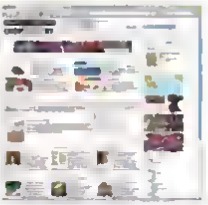

www.chopsticksny.com

"KASANE BLACK" $16

LIMITED TIME OFFER FROM MAR THROUGH MAY.

一風堂

IPPUDO NY

65 4th Ave (bet. 9th & 10th)
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WWW.IPPUDONY.COM

Mon-Thu 11am~3:30pm 5pm~11:30pm
Fri. 11am~3:30pm 5pm~12:30am
Sat. 11am~10:30pm
Sun. 11am~10:30pm

*We may close early if the soup runs out.

FORT LEE BRANCH
COMING SOON!

243 MAIN ST., FORT LEE, NJ 07024

East Village **Sobakoh***

Sobakoh is introducing Sobe nabe (from $18), available during fall and winter. It features handmade sobe noodles and seasonal vegetables served in individual hotpots. Your favorite toppings can be added. 4-Course Early Bird Special ($19.50) is served until 7pm

309 E. 5th St. (bet. 1st & 2nd Ave.) | $15 L
212-254-2244 www.compasscompass.com/sobakoh

East Village **Sobaya***

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make sobe a healthy meal. Try Lunch Box $15 with soba or udon, side dishes and dessert. Daily special appetizers and sake selection available for dinner.

229 E. 9th St. (bet. 2nd & 3rd Ave.) | $20
212-533-4966 www.sobaya-nyc.com

East Village **Souca Restaurant***

29 E. 13th St. (bet. University Pl. & 5th Ave.) | $20 L
212-627-7150

East Village **Sushi Lounge***

Serving Japanese cuisine in a casual atmosphere at affordable prices. All Day Campaign offers 50% off on all sushi or sushi rolls for an order over $16. The menu also includes 12 ramens and tapas to satisfy your craving. Enjoy daily late night happy hour after 10pm.

132 St. Marks Pl. (at Ave. A) | $12
212-598-1168 www.sushiloungenyc.com

East Village **Takahachi East Village**

85 Ave. A (at 9th St.) | $25
212-505-6521

East Village **Typhoon**

75 St. Marks Pl. (bet. 1st & 2nd Ave.) | $15
212-979-2690

East Village **Udon West***

11 St. Marks Pl. (bet. 2nd & 3rd Ave.) | $20 L

East Village **Umiaore**

Umiaore is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by Japanese chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.

88 E. 3rd St. (bet. 1st & 2nd Ave.) | $20
646-654-1122 www.downtownumi.com

East Village **Village Yokocho**

8 Stuyvesant St. 2Fl. (bet. 9th St. & 3rd Ave.) | $20
212-598-3041

East Village **Wasaa**

10 E. 4th St. (bet. 1st & 2nd Aves.) | $35 M
212-777-1378

East Village **Yakiniku West***

210 E. 9th St. (bet. 2nd & Stuyvesant St.) | $25
212-979-9238

East Village **Yakitori Taisho***

5 St. Marks Pl. (bet. 2nd & 3rd Ave.) | $20
212-228-5696

East Village **Yashi Sushi***

131 Ave. A (bet. St. Marks Pl. & 9th St.) | $25 L
212-420-5809

East Village **Yuba Restaurant**

105 E. 9th St. (3rd & 4th Aves.) | $40 L
212-777-8188

* Chopsticks NY available to pick up

Lower Manhattan

Lower Mhn **Bento Sushi***

32 Broadway (at Morris St.) | $8 Sa Su
212-747-0394

Lower Mhn **Cube 63**

63 Clinton St. (bet. Rivington & Stanton St.) | $21 Su
212-228-6751

Lower Mhn **Isa Downtown***

56 Pine St. (bet. Pearl & William St.) | $38 Sa Su L
212-785-1600

Lower Mhn **Kajou**

21 South End Ave. (at W. Thames St.) | $38
212-786-9688

Lower Mhn **Mottsu**

245 Mott St. (bet. Prince & Houston St.) | $25 L
212-343-8017

Lower Mhn **Quickly Shabu Shabu**

237 Grand St. (bet. Chrystie St. and Bowery) | $13 L
212-431-0388

Lower Mhn **Soy**

102 Suffolk St. (bet. Delancy & Rivington St.) | $14 W Su
212-253-1158

Lower Mhn **SuTeiShi**

24 Peck Slip (bet. Front & Water St.) | $20 L
212-766-2344

Lower Mhn **Yushi**

250 Vesey St. (4 World Financial Center) | $12 L
212-945-3096

Tribeca

Tribeca **Bento Sushi***

173 Broadway (at Courtland St.) | $8 Sa Su
212-437-8744

Tribeca **EN Japaanese Brasserie**

435 Hudson St. (at Leroy St.) | $40
212-647-9196

Tribeca **MEGU New York**

62 Thomas St. (bet. Church & W. Broadway) | $125
212-964-7777

Tribeca **NINJA***

25 Hudson St. (bet. Reade & Duane St.) | $35
212-874-8500

Tribeca **NOBU**

105 Hudson St. (at Franklin St.) | $100
212-219-0500

Tribeca **NOBU NEXT DOOR**

105 Hudson St. (bet. Franklin & N. Moore St.) | $75
212-334-4445

Tribeca **Rosaajin**

141 Duane St. (bet. Church St. & W. Broadway) | $80 Su
212-346-0004

Tribeca **Sushi Azabu**

42nd Greenwich (bet. Knight & Vestry St.) | $50
212-274-0420

Tribeca **Takahachi Tribeca***

145 Duane St. (Church & W. Broadway) | $35
212-571-1690

Tribeca **Zutto***

77 Hudson St. (bet. Jay & Henderson St.) | $20
212-233-3267

Soho

Soho **Blue Ribboa Sushi**

113 Sullivan St. (bet. Spring & Prince St.) | $51
212-343-0404

Soho **Hiroko's Place**

75 Thompson St. (bet. Broome & Spring St.) | $15 L
212-625-1303

Soho **Oman**

113 Thompson St. (bet. Spring & Prince St.) | $30
212-625-8923

Soho **Souca Soho***

210 Elth Ave. (at Prince St.) | $20 L
212-467-7421

Brooklyn

Brooklyn **1 ar 8***

186 S. 2nd St. (bet. Wythe & Kent Ave.) | $32 M
718-384-2152

Brooklyn **Blue Ribboa Sushi**

278 5th Ave. (bet. 1st St. & Garfield Pl.) | $55
718-840-0408

Brooklyn **Bozu***

296 Grand St. (bet. Havemeyer & Roebling St.) | $30
718-384-7770

Brooklyn **Fushimi**

6316 4th Ave. (bet. 63rd & 64th St.) | $38 L
718-833-7788

Brooklyn **Geido***

331 Flatbush Ave. (bet. Park & Prospect Pl.) | $25 M
718-638-6606

Brooklyn **Hibino**

333 Henry St. (at Pacific St.) | $35 L
718-290-8052

Brooklyn **Iroa Chef House**

102 Clark St. (bet. Monroe Pl. & Henry St.) | $15 L
718-858-1517

Brooklyn **IZAKAYA oa SMITH***

176 Smith St. (bet. Wyckoff & Warren St.) | $20 L
718-855-2277

Brooklyn **Kappa Sake House ***

352 5th Ave. (bet. 7th & 8th Ave.) | $30 M L
718-832-2970

Brooklyn **Ki Sushi**

122 Smith St. (bet. Dean & Pacific St.) | $30 L
718-935-0575

Brooklyn **Mizu**

192 Bedford Ave. (bet. 6th St. & 7th St.) | $20 L
718-782-6606

Brooklyn **Naruto Raman**

276 5th Ave. (bet. 1st & Garfield St.) | $12 L
718-832-1111

Brooklyn **Osaka**

272 Court St. (bet. Degraw & Kane St.) | $30 L
718-643-0044

Brooklyn **OZU***

Ozu in Brooklyn is a restaurant and lounge serving Japanese & Asian fusion cuisine with a modern Manhattan feel. This appealing eatery is a regular choice for anyone looking for the best sushi in the city. The extensive menu offers both cooked and raw items. Sushi is a specialty. Chopsticks NY readers get $10 off any order of $50 or more. Or, order one alcoholic drink and get the second drink free.

78 Clark St. (bet. Hicks & Henry St.) | $20
718-797-0288 www.ozu78.com

Brooklyn **Oshima Restaurant**

71 7th Ave. (bet. Berkeley & Lincoln Pl.) | $25 L
718-783-1888

Brooklyn **qoo Robata***

367 Metropolitan Ave. (at Havemeyer St.) | $25
718-384-9493

Brooklyn **Sakura 6**

837 Manhattan Ave. (bet. Calyer & Noble St.) | $10 L
718-349-7888

Brooklyn **Sapporo Hare Japaaese**

622 Manhattan Ave. (Driggs & Nassau Ave.) | $16 L
718-389-9721

Brooklyn **Supercare***

305 Bedford Ave. (bet. S. 2nd & S. 1st St.) | $20 L
718-302-1625

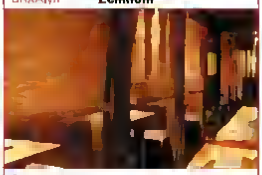
Brooklyn **Teazaa**

7116 18th Ave. (at 71st St.) | $30 L
718-621-3239

Brooklyn **Yamato**

168 7th Ave. (bet. 1st St. & Garfield Pl.) | $18 L
718-840-0005

Brooklyn **Zenkichi***



Since 2006, Zenkichi has been offering Tokyo-style seasonal small plates to homesick Japanese as well as New Yorkers who crave authentic Japanese culinary experience beyond sushi. Hidden away in this renovated semi-private dining booths where can savor the 8-course Omakase tasting menu and indulge in premium sake from one of the most select sake selections in the city. -Guests must be 14 years or older to be accommodated

77 N. 6th St. (at Wythe Ave.) | $40
718-209-6365 www.zenkichi.com

Brooklyn **ZuZu Raman**

173 4th Ave. (at Degraw St.) | $20 M
718-398-3838

Queens

Queens **ARIYOSHI***

41-13 Queens Blvd. Sunnyside, NY 11104 | $18 L
718-937-3268

Queens **Bistro 33**

19-33 Ditmars Blvd. Astoria NY 11105 | $20 L
718-721-1933

Queens **gowasabi***

Serving Japanese cuisine of the highest quality at reasonable prices, gowasabi has been beloved by locals since its opening in 2003. Sure to satisfy even the hungriest customers at double the size of normal sushi rolls, *The Sumo Special Rolls*, available in 20 different varieties, are a personal favorite. Korean dishes such as *Tofu Jigae* and *Stone Pot Bibimbob* are also available. Lunch Specials are served seven days a week.

34-02 30th Ave. Astoria NY 11103 | $23
718-204-7354 www.gowasabi-astoria.com

Queens **Hokuto**
37-02 Prince St, Flushing, NY 11354 $13 L
718-321-0290

Queens **KATSUNO***
103-01 Metropolitan Ave Forest Hills NY $35 M
718-575-4033

Queens **Kyoto Sushi**
153-11 Union Tpk Flushing, NY 11354 $25 L
718-380-7777

Queens **LINN Wufu Dining***
28-13 Broadway Astoria NY 11106 $30 L
718-204-0060

Queens **Nurita**
107-08 70th Rd Forest Hills, NY 11375 $21 L
718-263-2395

Queens **Dishi Sushi**
37-04 Ditmars Blvd Astoria, NY 11105 $20 L
718-726-0569

Queens **Shira of Japan Atlas Pk**
80-40 Cooper Ave Glendale NY 11385 $20 L
718-326-6704

Queens **SUSHI ISLAND***
87-18 Queens Blvd Elmhurst NY 11373 $20 L
718-803-3033

Queens **Udon West**
13780 Northern Blvd Flushing NY 11354 $10 L
718-359-2324

Queens **Watawa Sushi***
33-10 Ditmars Blvd Astoria, NY 11105 $25 L
718-545-9595

Long Island

Long Island **Benihana**
2105 Northern Blvd. Manhasset, NY 11030 $30 L
516-627-3400

Long Island **Benihana**
920 Merchant's Concourse Westbury NY $30 L
516-222-5051

Long Island **Bonbori**
14 Elm St Huntington NY 11743 $40 L
631-673-0400

Long Island **Inakaya Japanese Steak House***
6 5th St Valley Stream NY 11581 $28 L
516-872-0419

Long Island **Isono**
214 Jericho Tpk Floral Park NY 11001 $25 L
516-437-4552

Long Island **Kobun Restaurant***
2016 Merrick Rd Merrick, NY 11566 $30 L
516-223-3200

Long Island **Koiso**
540 Westbury Ave Carle Place NY 11514 $25 L
516-333-3434

Long Island **KuruBura**
475 New York Ave. Huntington NY 11743 $30 M L
631-673-0060

Long Island **Kurofune***
77 Commack Rd Commack, NY 11725 $22 L
631-499-1075

Long Island **Mumon Restaurant***
1300 Franklin Ave Garden City NY 11530 $35 L
516-747-3388

Long Island **Nagashima***
12 A 1 Jericho Tpk. Jericho NY 11753 $25 L
516-338-0022

Long Island **Rock-n-Sake Port WA**
90 Main St Port Washington NY 11050 $30 L
516-883-7253

Long Island **Sapporo**
328 Merrick Rd Wantagh NY 11793 $18 L
516-785-3853

Long Island **Sen Restaurant***
23 Main St Sag Harbor NY 11963 $40 L
631-725-1774

Long Island **Shira of Japan***
401 Old Country Rd Carle Place, NY 11514 $20 L
516-997-4770

Long Island **SUSHI ICHI**
700 N. Country Rd Setauket NY 11733 $25 L
631-689-3111

Long Island **TAIKO Restaurant**
15 S. Village Ave Rockville Ctr NY 11570 $20 M L
516-678-6145

Long Island **Take Sushi***
821 Carman Ave Westbury NY 11590 $20 M L
516-876-0033

Long Island **Tengo***
136 Jericho Tpk Floral Park, NY 11001 $20 L
516-352-1110

Long Island **Restaurant Yamaguchi***

Since 1988 serving the locals authentic Japanese home cooking and fresh sushi. You will appreciate the restaurant city and generous portions. Aside from the regular menu, daily lunch specials and the Chef Special are popular among the local patrons

83 Main St Port Washington NY 11050 $25 L
516-883-8500

Long Island **Yuki's Palette Too***
151 Merrick Ave Merrick, NY 11566 $25 M L
516-867-8738

The Bronx

The Bronx **DHANA**
500 City Island Ave Bronx, NY 10464 $35 L
718-885-0700

Westchester

Westchester **Hajime***
257 Halstead Ave. Harrison NY 10528 $35 M L
914-777-1543

Westchester **Momiji***
251 Halstead Ave Harrison NY 10528 $25 L
914-835-1078

Westchester **Nanase**
522 Mamaroneck Ave White Plains NY 10605 $50 W
914-285-5351

Westchester **Nishi**
473 Ashford Ave Ardsley NY 10502 $20 L
914-693-2500

Westchester **Nodu***
200 Hamilton Ave White Plains NY 10601 $25 L
914-345-0990

Westchester **Sakura**
56 Garth Rd Scarsdale NY 10583 $15 L
914-723-7767

Westchester **Sazan Restaurant***
729 Saw Mill River Rd Ardsley NY 10502 $30 L
914-674-9015

Westchester **Tento***
639 White Plains Rd Scarsdale, NY 10583 $10 L
914-725-9100

Westchester **Tsuru**
259 N. Central Ave Hartsdale NY 10530 $25 L
914-761-0057

Upstate

Upstate **Kanuta**
77 Quaker Ridge Rd New Rochelle, NY 10804 $15 L
914-636-0699

Upstate **Kiko House**
111 21 E Washington Ave Pearl River NY $25 M L
845-735-6885

Upstate **Sakurobuna NY**
328 Route 59 Central Nyack, NY 10960 $26 L
845-727-9839

New Jersey

New Jersey **Ajihei Princeton**
11 Chambers St Princeton NJ 08542 $20 M L
609-252-1158

New Jersey **Akai Sushi Lounge**
111 N. Dean St. Englewood, NJ 07631 $18 L
201-541-0095

New Jersey **Aoyemu**
1982 Washington Valley Rd Martinsville NJ $18 M L
732-271-8558

New Jersey **Asahi Japanese***
1475 Bergen Blvd Fort Lee NJ 07024 $17 L
201-944-5113

New Jersey **Benmatsu***
860 Mountain Ave Mountainside, NJ 07092 $25 M L
908-233-7828

New Jersey **East Japanese**
1405 Teaneck Rd Teaneck, NJ 07666 $18 L
201-837-1260

New Jersey **Higo Batten***
2024 Center Ave. #J & K Fort Lee NJ 07024 $10 L
201-461-5465

New Jersey **Ichi Umi Restaurant**
352 Menlo Park Dr Edison NJ 08837 $25 L
732-309-2370

New Jersey **ICHIBAN**
776 Bloomfield Ave W Caldwell NJ 07006 $22 L
973-808-9178

New Jersey **Itahun Tomato (Mitsuwa)**
535 River Rd Edgewater NJ 07020 $7 L
201-941-9113

New Jersey **KIKU**
365 Rt 17 S Paramus NJ 07652 $45 L
201-265-7200

New Jersey **Komegashi***
103 Montgomery St Jersey City NJ 07302 $25 L
201-433-4567

New Jersey **Kumegashi too***

Located in waterfront Jersey City Komegashi has the most gorgeous view overlooking Manhattan skyline offers exciting sushi selections Try the Chirashi Royale the finest assortment by the chef with selections from Japan and domestic Only 5 min PATH from NYC!

99 Town Sq Pl Jersey City NJ 07310 $30 L
201-533-6888 www.komegashi.com

New Jersey **Musu Sushi & Grill***
81 W Allendale Ave Allendale NJ 07401 $30 L
201-934-0616

New Jersey **Monstur Sushi***
395 Springfield Ave Summit NJ 07901 $25 L
908-598-1100

New Jersey **Princeton Tumu Sushi**
236 Nassau St Princeton NJ 08542 $15 L
609-924-8478

New Jersey **Ruku Izakuya**
200 Main St, Fort Lee NJ 07024 $25
201-585-0707

New Jersey **Sakura-bane***
43 Franklin Ave Ridgewood NJ 07450 $25 M L
201-447-6525

New Jersey **Sumtohku (Mitsuwu)**
535 River Rd Edgewater NJ 07020 $10 L
201-941-1004

New Jersey **Sanuki Sando (Mitsuwu)**
535 River Rd Edgewater NJ 07020 $8 L
201-941-9113

New Jersey **Suga**
2117 Rt 4 E Fort Lee NJ 07024 $22 L
201-461-8036

New Jersey **Toya Restaurant***
439 Anderson Ave Cliffside Park NJ 07010 $25 L
201-917-5532

New Jersey **Umeyu**
156 Piermont Rd Cresskill NJ 07626 $25 M L
201-816-0511

New Jersey **Yakiton 39**
252 254 Dogpew Ave Teaneck NJ 07666 $35 M
201-692-0700

Connecticut

Connecticut **Ahus**
381 Greenwich Ave Greenwich CT 06830 $27 L
203-862-9100

Connecticut **Fuji Garden Steak House**
215 Liberty St. Pawcatuck, CT 06379 $30 L
860-599-1155

Connecticut **Kazu**
54 N. Main St. Norwalk, CT 06854 $25 L
203-866-7432

CAFE

Upper West **Beard Papa's Upper W.**
2167 Broadway (at 76th St.) Cream Puffs
212-799-8770

Upper East **Choux Factory**
1965 1st Ave (bet. 97th & 98th St.) Cream Puffs
212-289-2923

Midtown West **Cafe Zaiya Midtown W.**
1073 6th Ave (btw 40 th & 41st St.) Bakery
212-764-7705

Midtown West **Minumoto Kitchuun**
609 9th Ave (bet. 46th & 43th St.) Confectionery
212-489-3747

Midtown East **Cafe Zaiya Midtown E**
18 E 41 St. (bet. Madison & 5th Ave.) Bakery
212-779-9600

Midtown East **Choux Factory**
965 1st Ave (bet. 49th & 49th St.) Cream Puffs
212-223-0720

East Village **Cafe Zaiya East Village**
59 Cooper Sq (bet. 7th St. & St. Marks Pl.) Bakery
212-253-9700

East Village **Chikalicious**
203 E 10th St (bet. 1st & 2nd Ave.) Dessert Bar
212-475-0929

East Village **PANYA**
10 Stuyvesant St (bet. 9th St. & 3rd Ave.) Bakery
212 777 1830

New Jersey **Guteaux Bakery**
434 Kinderkamack Rd Rivervidge NJ 07661 Bakery
201 634 1131

New Jersey **Minamoto Kitchoan**
585 River Rd Edgewater NJ 07020 | Confectionery
201-313-9336

New Jersey **Parisienna**
250 Main St Fort Lee NJ 07024 | Bakery
201-592-8878

KARAOKE

Upper East **Iggy's**
1452 2nd Ave (bet. 75th & 76th St.) | $1 /song
212-327-3043

Midtown West **Japas 55***
253 W. 55th St. (bet. Broadway & 8th Ave.) | $/h /person
212-765-1210

Midtown East **Big Apple Karaoke***

Big Apple Karaoke offers songs in 16 different languages and 20,000 English songs. They offer 8 karaoke bar and 11 sizes of karaoke rooms that can accommodate groups of 2 to 18 people. The rooms are equipped with the world's first iPad karaoke controller to order songs. Open 7 days a week: Sun-Thu 5pm to 2am, Fri and Sat 5pm to 4am. Chopsticks NY members receive 10% discount with this ad. Sing your heart out! :)

305 E. 53rd St. (bet. 1st & 2nd) 2nd Fl | $6/h per person
212-491-0055 www.bigapplekaraoke.net

Midtown East **Box Snack Riki**
141 E. 45th St. 2 Fl (bet. 3rd & Lexington Ave.) | $10/h $30 min in
212-986-5612

Midtown East **Japas 38**
8 E. 38th St. (bet. Madison & 5th Ave.) | $8/h /person
212-679-4040

Midtown East **Karaoke Duet 48***
304 E. 48th St. (bet. 1st & 2nd Ave.) | $4/h /person
212-753-0030

Midtown East **Karaoke Top Tunes***
303-305 E. 53rd St. (bet. 1st & 2nd Ave.) | $5/hr /person
212-758-3616

Korea Town **Chorus Karaoke**
25 W. 32nd St. 3Fl (bet. 5th Ave. & Broadway) | $2/song $40/room
212-967-2244

Korea Town **Gagopa Karaoke**
28 W. 32nd St. (bet. 5th Ave. & Broadway) | $7/h /person
212-967-5353

Korea Town **Grammy Karaoke**
23 W. 32nd St. (bet. 5th Ave. & Broadway) | $30 /hr
212-629-7171

Korea Town **iBop Karaoke***
25 W. 35th St. 3 Fl (bet. 5th & 6th Ave.) | $5/h
646 752-4895

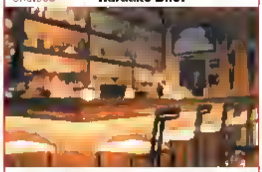
Korea Town **Karaoke Duet 35***
53 W. 35th St. 2 Fl (bet. 5th & 6th Ave.) | $4/h /person
646-473-0828

Korea Town **MK**
11 W. 32nd St. 5 Fl (bet. 5th Ave. & Broadway) | $40/h /room
212-564-3436

Korea Town **Radio Star Karaoke**
3 W. 35th St. (bet. 5th & 6th Ave.) | $40 /room
212-564-2520

Korea Town **Toto Music Studio**
38 W. 32nd St. # 5 (bet. 5th Ave. & Broadway) | $30 /room
212-594-6644

Chelsea **Karaoke One7**



They offer the city's largest song set-list online in 16 different languages and new songs are added monthly. Sing at the bar for $2 per song or sing in a private room for $6/h (Sun-Wed $5/hr) per person. Drinks and room charges are half price during Happy Hour (2pm-7pm). Large party rooms available. Call for reservation. Open 7 days from 2pm to 4am (except Mon from 5pm). *May close early on weekdays w/o notice.

26 W 17th St. (bet. 5th & 6th Ave.) | $2/song
212-675-3527 www.karaoke17.com

Gramercy **Japas 27**
366 3rd Ave. (bet. 26th & 27th St.) | $8/h /person
212-685-2320

West Village **Apple Restaurant**
17 Waverly Pl. (bet. Greene & Mercer St.) | $10/cover /room
212-473-8988

West Village **Karaoke Cave**
9 E. 13th St. (bet. University Pl. & 5th Ave.) | min $35 /room
646 250-5670

East Village **Planet Rose**
21 Ave. A (bet. 13th & 14th St.) | $2/song
212-353-9500

East Village **Second on Second**
27 2nd Ave. (bet. 1st & 2nd St.) | $30/h /room
212-473-2322

East Village **Sing Sing (Ave. A)***
SING*SING KARAOKE AVENUE A
Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. It is a perfect place for a get-together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS.

81 Ave. A (bet. 4th & 6th St.) | $7/h per person
212-674-0700 www.karaokesingsing.com

East Village **Sing Sing (St. Marks)***
SING*SING KARAOKE ST MARKS
Conveniently located on St. Marks Street in the heart of the East Village. Sing Sing is a Karaoke lounge with 16 Private Rooms. This brand new lounge is a great spot for young adults who love to sing. OPEN 7 DAYS 1:00PM-4:00AM. Party@karaokesingsing.com

5 St. Marks Pl. 2Fl (bet. 2nd & 3rd Ave.) | $7/h per person
212-387-7800 www.karaokesingsing.com

Queens **Karaoke Shout***

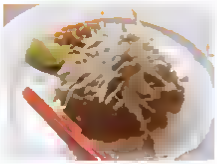
120,000 songs in 16 different languages available. 20,000 English songs and songs in Hindi and Thai--that are rarely available in the U.S. Your party will be much more exciting in the high tech karaoke rooms! 11 private rooms are equipped with LED lights that change colors with each song. Enter songs using own iTouch system on the in-set screens and pods. Chopsticks NY members receive 10% discount with this ad. Open 7 days!

32-46 Steinway St. Astoria NY 11103 | $3-7/h person
718-569-0090 www.karaokeshout.com

CHOPSTICK'S PICK ASIAN

RAIN THAI RESTAURANT

It's Raining Thai in Midtown East



Rain Thai Restaurant just celebrated its one-year anniversary, on February 10. Located on 53rd Street, close to 3rd Avenue in Manhattan's Midtown East, this family-run restaurant was a welcome eatery to those looking for big portions of good Thai food and quick service at an affordable price.

Since opening, Rain Thai quickly gained a reputation among the local businesses, which order deliveries online through seamlessweb.com or delivery.com for the office. Individuals, too, can go there for lunch, get take-out or come after work for a nice, relaxing dinner. For example, John, a customer enjoying lunch at Rain Thai, used to get food delivered to the office but now, he regularly comes to eat at the restaurant, which he says "has become one of my favorites," where he can eat quietly and read the newspaper.

Another customer, who was eating the *Thai Fried Rice*, appreciates that "the food is good and the service is fast." On days when there is little time to eat, Rain Thai is a great place to be "in and out."

Popular dishes at this restaurant include: the *Thom Yum Soup*, the *Drunken Noodle Beef* and *Pad Thai*. *Pad Thai*, the ubiquitous Thai dish, can be found in most Thai restaurants but is prepared slightly different in each. Rain Thai's version is light, pleasant and hits the spot for lunch or an after-work meal.

The *Drunken Noodle*, one of Rain Thai's popular dishes, is broad noodles stir-fried with chili, onion, tomato and eggs and comes alive with the inclusion of fresh basil. It can be made with either tofu or mixed vegetables, chicken, shrimp, squid or beef, or duck or mixed seafood.

Any dish on the menu can be customized to cater to food allergies or taste or spiciness preference – you can ask for mild, medium, hot or try the spicy level authentic to Thailand for yourself.

When dining at Rain Thai, customers should definitely leave room for dessert. the *creme brulee* and the *Thai Banana Split* (which comes with green tea ice cream) are both delicious ways to round out the meal. And, at good prices, they won't leave a dent in your wallet – but will only leave you full and satisfied.

Rain Thai Restaurant
220 E. 53rd St. (bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL. 212-752-3333 / www.rainthainyc.com
Mon-Thu: 11 am-10:30 pm
Fri: 11 am-11 pm
Sat: 12-11 pm, Sun: 12-10 pm

Other Asian Restaurant Guide

$35 Average price for a dinner entree and a drink (sake & wine)

Sushi Bar Available
M Tu W Day Chart
Th F Sa Su
Romantic Dining
Vegetarian Friendly
Open for Lunch
Delivery
Family Dining
Local Favorite
Business Dinner
Coupon available at www.chopsticksny.com
★ Chopsticks NY available to pick up

CHINESE

Upper West — Ivy's Cafe*
154 W 72nd St (bet. Columbus & Amsterdam Ave.) $23
212-787-3333

Upper West — Ollie'n
1991 Broadway (bet. 67th & 68th St.) $15
212-595-6161

Upper West — Ollie'n
2957 Broadway (at 116th St.) $15
212-932-3000

Upper West — Shun Lee West
43 W. 65th St. (Central Park W. & Columbus) $52
212-595-8895

Upper East — Cafe Evergreen
1208 1st Ave. (bet. 68th & 70th St.) $30
212-744-3266

Upper East — Chef Ho's
1720 2nd Ave (bet. 89th & 90th St.) $25
212-348-9444

Upper East — Chinatown East
1650 3rd Ave. (bet. 92nd & 93rd St.) $18
212-517-2046

Upper East — Lili's Noodle & Grill
1500 3rd Ave. (bet. 84th & 85th St.) $22
212-439-1313

Upper East — Our Place
1444 3rd Ave. (bet. 81st & 82nd St.) $25
212-288-4888

Upper East — Philippe
33 E. 60th St. (bet. Park & Madison Ave.) $45
212-644-8895

Upper East — Pig Heaven
1540 2nd Ave (bet. 80th & 81st St.) $15
212-744-4333

Upper East — Shanghai Pavilion
1378 3rd Ave. (bet. 78th & 79th St.) $37
212-585-3388

Upper East — Szechuan Chalet
1395 2nd Ave. (at 73rd St.) $25
212-737-1628

Midtown West — Chinn Grill
60 W. 53rd St. (bet. 5th & 6th Ave.) $66
212-333-7788

Midtown West — Joe's Shanghai*
24 W. 56th St. (bet. 5th & 6th Ave.) $20
212-333-3868

Midtown West — Dlhe's
411 W. 42nd St. (at 9th Ave.) $15
212-921-5588

Midtown West — Ruby Foo's Times Sq.
1626 Broadway (bet. 49th & 50th St.) $30
212-489-5600

Midtown West — Tang's Pavilion
65 W. 55th St. (bet. 5th & 6th Ave.) $20
212-956-5888

Midtown West — Wu Liang Ye
36 W. 44th St. (bet. 5th & 6th Ave.) $25
212-398-2308

Midtown East — Chin Chin
216 E. 49th St. (bet. 2nd & 3rd Ave.) $35
212-888-4555

Midtown East — Dynasty Sung
511 Lexington Ave. 2 Fl. (at 49th St.) $35
212-355-1200

Midtown East — Evergreen
10 E. 38th St. (bet. Madison & 5th Ave.) $25
212-448-1199

Midtown East — Grand Sichuan
1048 2nd Ave. (bet. 55th & 56th St.) $20
212-355-5855

Midtown East — Lychee House
141 E. 55th St. (bet. 3rd & Lexington Ave.) $20
212-753-3900

Midtown East — Mee Noodle Shop
922 2nd Ave. (at 49th St.) $15
212-935-0027

Midtown East — MR K's*
570 Lexington Ave. (at 51st St.) $50
212-583-1668

Midtown East — Peking Duck House*

BEST PEKING DUCK IN NYC
Their house specialty and a crowd favorite. Their duck is roasted in an oven until the meat is tender and the skin is crispy. Bring this ad and you will get 10% off lunch. Valid 7 days a week.

238 E. 53rd St. (bet. 2nd & 3rd Ave.) $33
212-758-6290 www.pekingduckhouseny.com

Midtown East — Phoenix Garden
242 E. 40th St. (bet. 2nd & Tunnel Exit St.) $20
212-983-9696

Midtown East — Shih Lee
311 E. 45th St. (bet. 1st & 2nd Ave.) $11
212-867-0315

Midtown East — Shun Lee Palace
155 E. 55th St. (bet. 3rd & Lexington Ave.) $35
212-371-8844

Midtown East — Tse Yang Restaurant*
34 E. 51st St. (at Park Ave.) $40
212-486-5447

Chelsea — Grand Sichuan
229 9th Ave. (at 24th St.) $20
212-620-5200

Chelsea — Rickshaw Dumpling
61 W. 23rd St. (bet. 5th & 6th Ave.) $15
212-924-9220

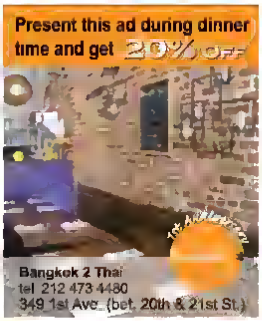
Gramercy — Grand Sichuan
227 Lexington Ave. (bet. 33rd & 34th St.) $25
212-575-3770

Gramercy — The Cottage*
33 Irving Place (at 16th St.) $12
212-505-8600

West Village — Chinatown Brasserie
380 Lafayette St. (at Great Jones St.) $30
212-533-7000

West Village — Shanghai Square
11 E. 13th St. (bet. University Pl. & 5th Ave.) $20
646-486-7313

East Village — Dumpling Man*
100 St. Marks Pl. (bet. 1st Ave. & Ave. A.) $11
212-505-2121



Lower Mhn **ABC Chinese Restaurant**
34 Pell St (bet. Bowery & Mott St.) $25
212 346-9330

Lower Mhn **Amazing 66**
66 Mott St (bet. Bayard & Canal St.) $25
212-334-0069

Lower Mhn **Au Mandarin**
200 250 Vesey St (at West St.) $30
212-385-0313

Lower Mhn **Big Wong**
67 Mott St (bet. Bayard & Canal St.) $13
212-964-0540

Lower Mhn **Chino Chalnt**
47 Broadway (bet. Morris & Rector St.) $25
212-943-4390

Lower Mhn **Congee Village**
100 Allen St (bet. Broome & Delancy St.) $16
212-941-1818

Lower Mhn **Dim Sum Go Go**
5 E. Broadway (bet. Catherine St. & Bowery) $15
212 732-0737

Lower Mhn **Excellent Dumpling**
111 Lafayette St (bet. Walker & Canal St.) $15
212-213-0212

Lower Mhn **Golden Unicorn**
18 E. Broadway (bet. Market & Catherine St.) $20
212-941-0911

Lower Mhn **Jing Fong**
20 Elizabeth St. (bet. Bayard & Canal St.) $20
212-964-5256

Lower Mhn **Joe's Ginger**
25 Pell St. (at Doyers St.) $15
212-285-0333

Lower Mhn **Joe's Shanghai**
9 Pell St (bet. Bowery & Mott St.) $15
212 233-8888

Lower Mhn **Lin's Dumpling House**
26 Bowery (at Bayard St.) $10
212-349-0923

Lower Mhn **Mandarin Court**
61 Mott St. (bet. Bayard & Canal St.) $15
212-608-3838

Lower Mhn **New Bo-Ky**
80 Bayard St. (bet. Mott & Mulberry St.) $10
212-406-2292

Lower Mhn **Nice Green Bo**
66 Bayard St. (bet. Elizabeth & Mott St.) $15
212-625-2256

Lower Mhn **Oriental Garden**
14 Elizabeth St. (bet. Bayard & Canal St.) $30
212-619-0085

Lower Mhn **Shanghai Cuisine***
89 Bayard St. (at Mulberry St.) $25
212 732-8988

Brooklyn **Faan**
205 Smith St. (bet. Butler & Baltic St.) $15
718-694-2277

Queens **Exst Manor**
46-45 Kissena Blvd. Flushing, NY 11355 $15
718-886-8686

Queens **Himalayan Yak Restaurant***
72-20 Roosevelt Ave. Jackson Heights, NY 11372 $15
718-779-1119

Queens **ICE FIRE LAND**
135-11 40RD. Flushing, NY 11354 $15
718-886-2805

* Chopsticks NY available to pick up

KOREAN

Midtown West **Bonn**
350 W. 50th St. (bet. 8th & 9th Ave.) $30
212-582-4446

Midtown West **Chom Chom**
40 W. 56th St. (bet. 5th & 6th Ave.) $40
212-213-2236

Midtown East **Korea Palace**
127 E. 54th St. (bet. Park & Lexington Ave.) $30
212-832-2350

Korea Town **BCD Tofu House**
17 W. 32nd St. (bet. 5th & Broadway) $25
212-967-1900

Korea Town **Cho Dang Gol**
55 W. 35th St. (bet. 5th & 6th Ave.) $30
212-695-8222

Korea Town **Don's Bogam***
17 E. 32nd St. (bet. Madison & 5th Ave.) $35
212-683-2200

Korea Town **Gom Mee Oak***
43 W. 32nd St. (bet. 5th Ave. & Broadway) $25
212-695-4113

Korea Tow **HAN BAT***
53 W. 35th St. (bet. 5th & 6th Ave.) $15
212-629-5588

Korea Town **HANGAWI***
12 E. 32nd St. (bet. 5th & Madison Ave.) $40
212-213-0077

Korea Town **Hyo Dong Gak***
51 W. 35th St. (bet. Park & Madison Ave.) $15
212-695-7157

Korea Town **Kong Suh**
1250 Broadway (at 32nd St.) $20
212-564-6545

Korea Town **Komtang House***
32 W. 32nd St. (bet. 5th Ave. & Broadway) $15
212-947-9482

Korea Town **Kum Gang San***
49 W. 32nd St. (at Broadway) $20
212-967-0909

Korea Town **Kunjip Restaurant**
9 W. 32nd St. (bet. 5th Ave. & Broadway) $15
212-216-9487

Korea Town **Madangsul***
35 W. 35th St. (bet. 5th & 6th St.) $30
212-564-8333

Korea Town **Seoul Garden**
34 W. 32nd St. (bet. 5th Ave. & Broadway) $14
212 736-9002

Korea Town **Shilla**
37 W. 32nd St. (bet. 5th Ave. & Broadway) $25
212-967-1180

Korea Town **Woo Chon***
10 W. 36th St. (bet. 5th & 6th Ave.) $20
212-695-0676

West Village **Do Hwa**
55 Commerce St. (at Bedford St.) $27
212-414-1224

East Village **Bibim-Bar**
141 1st Ave. (bet. St. Marks Pl. & 9th St.) $15
212-529-2740

East Village **Bon Chon**
9 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-2887

East Village **Dok Suni's**
119 1st Ave. (bet. 7th St. & St. Marks Pl.) $20
212-477-9506

Lower Mhn **Jup She**
171 Grand St. (at Baxter St.) $20
212 343-0090

Lower Mhn **Kori**
253 Church St. (bet. Leonard & Franklin St.) $20
212-334-0408

Soho **Woo Lae Oak**
146 Mercer St. (bet. Prince & Houston St.) $50
212-925-8200

Brooklyn **Dokebi***
199 Grand St. (bet. Driggs & Bedford Ave.) $25
718-782-1424

Queens **KOREANA***
136-20 38th Ave., Flushing, NY 11354 $21
718-713-0252

Westchester **Kalbi House**
281 Central Ave. White Plains, NY 10606 $25
914-328-0251

Connecticut **Pinehill**
123 Paramus Rd. Paramus, NJ 07652 $20
201-843-0170

THAI

Upper West **Long Grain**
2534 Broadway (at 95th St.) $22
212-666-0958

Upper East **Eat Thai**
1423 3rd Ave. (bet. 80th & 81st St.) $15
212-772-1494

Upper East **Sala Thai**
1711 2nd Ave. (at 89th St.) $25
212-410-5557

Upper East **Spice**
1473 1st Ave. (at 77th St.) $20
212 744-6374

Upper East **Spice**
1411 2nd Ave. (bet. 73rd & 74th St.) $20
212-988-5348

Upper East **Vieng Ping**
1393A 2nd Ave. (bet. 72nd & 73rd St.) $22
212 249-8484

Midtown West **Aceluck Thai**
530 9th Ave. (bet. 39th & 40th St.) $11
212-594-7083

Midtown West **Aure Thai**
462 9th Ave. (bet. 35th & 36th St.) $14
212-971-8530

Midtown West **Bangkok House**
360 W. 46th St. (bet. 8th & 9th Ave.) $16
212-541 5943

Midtown West **Blue Chili**
251 W. 51st St. (bet. Broadway & 8th Ave.) $20
212-459-5237

Midtown West **Breeze**
661 9th Ave. (bet. 45th & 46th St.) $25
212-262-7777

Midtown West **Choi Home Kitchen**
930 9th Ave. (at 55th St.) $30
212 707-8778

Midtown West **Chenpen Thai**
761 9th Ave. (at 51st St.) $20
212-586-6900

Midtown West **Heng 2 Thai Bistro**
752 10th Ave. (bet. 51st & 52nd St.) $15
212 765-7600

Midtown West **Pom Real Thai 47**
402 W. 47th St. (bet. 9th & 10th Ave.) $20
212-315-4441

Midtown West **Pom Real Thai 49**
404 W. 49th St. (bet. 9th & 10th Ave.) $20
212 333-7500

Midtown West **Pongsri Thai***
244 W. 48th St. (bet. Broadway & 8th Ave.) $20
212-582-8392

Midtown West **Q2 Thai**
786 9th Ave. (bet. 52nd & 53rd St.) $11
212-262-2230

Midtown West **Room Service Midtown**
690 9th Ave. (bet. 47th & 48th St.) $25
212 582-0995

Midtown West **Talent II Thai Kitchen***
592 9th Ave. (bet. 42nd & 43rd St.) $10
212 307 1363

Midtown West **Thai Palate**
534 9th Ave. (bet. 39th & 40th St.) $13
212 279-5999

Midtown West **Thai Select**
472 9th Ave. (bet. 36th & 37th St.) $12
212-695-5320

Midtown West **Topaz Thai**
127 W. 56th St. (bet. 6th & 7th Ave.) $15
212-957-8020

Midtown West **Yum Yum 3***
656 9th Ave. (at 45th St.) $15
212-956-0639

Midtown West **Yum Yum Bangkok***
650 9th Ave. (bet. 45th & 46th St.) $15
212-262-2244

Midtown West **Yum Yum Too***
690 9th Ave. (at 46th St.) $20
212-247-2229

Midtown East **Rein Thai Restaurant***
220 53rd St. (bet. 2nd & 3rd Ave.) $18
212 752 3333

Midtown East **Talent Thai Kitchen**
210 E. 34th St. (bet. 2nd & 3rd Ave.) $11
212 725-0999

Chelsea **Nooch**
143 9th Ave. (at 17th St.) $20
212-691-8500

Chelsea **Pad Thai**
114 8th Ave. (bet. 15th & 16th St.) $20
212-691-6226

Chelsea **Pongsri Chelsea**
165 W. 23rd St. (bet. 6th & 7th Ave.) $20
212-645-8706

Chelsea **Regional Thai***
205 7th Ave. (bet. 21st & 22nd St.) $15
212-807 9922

Chelsea **Room Service**
166 9th Ave. (bet. 18th & 19th St.) $25
212-691-0259

Chelsea **Royal Siam**
240 9th Ave. (bet. 22nd & 23rd St.) $25
212 741-1732

Chelsea **Sitom Thai**
150 9th Ave. (bet. 17th & 18th St.) $25
212-675-0000

Chelsea **Spice**
138 8th Ave. (at 20th St.) $20
212-989-1116

Chelsea **Thai Chiet-Yo**
233 9th Ave. (bet. 24th & 25th St.) $11
212-488-2170

Gramercy **Bangkok 2 Thai***
349 1st Ave. (bet. 20th & 21st St.) $14
212-473-4480

Gramercy	**Jaya Thai**		
396 3rd Ave (bet 25th & 26th St) 212-889-1330		$25	L
Gramercy	**Lemongrass Grill**		
138 E 34th St (bet 3rd & Lexington Ave) 212-213-3317		$16	L
Gramercy	**Rhong Tinn**		
31 E 21st St (bet 5th Ave & Broadway) 212-420-7500		$20	L
Gramercy	**Thai Thai Cuisine**		
17 E 31st St (bet. Madison & 5th Ave) 212-213-3773		$15	L
Gramercy	**Toca Thai Cafe***		
435 Park Ave S (bet 29th & 30th St) 212-644-9999		$25	L
West Village	**Gnlanga**		
149 W 4th St (MacDougal St & 6th Ave) 212-228-4267		$15	L
West Village	**Pram-oa Thai**		
138 W Houston St (MacDougal & Sullivan St) 212-353-2330		$25	L
West Village	**SEA**		
535 Washington St (at W 12th St) 212-243-3333		$15	L
West Village	**Tun Thai Food***		
3 Greenwich Ave (6th Ave & Christopher St) 212-929-9969		$20	L
East Village	**Holy Basil**		
149 2nd Ave (bet 9th & 10th St) 212-460-5557		$15	
East Village	**Kati**		
347 E 14th St (bet 1st & 2nd Ave.) 212-533-2046		$13	L
East Village	**Klong**		
7 St. Marks Pl (bet. 2nd & 3rd Ave) 212-505-9955		$16	L
East Village	**Spice**		
334 E 13th St (bet Broadway & University Pl) 212-982-3750		$20	L
East Village	**Spice**		
104 2nd Ave (at 6th St) 212-533-8300		$20	L
East Village	**Tai Thai**		
76 E 1st St (bet. 1st Ave & Ave A) 212-777-2552		$12	L
Lower Mhn	**Ent-Pisnde Thailand**		
123 Ludlow St (bet Delancy & Livingston St.) 212-677-7624		$14	L
Lower Mhn	**Kuma Ina**		
113 Ludlow St 2FHDelancy & Rivington St) 212-353-8866		$25	L
Lower Mhn	**Pongsri Chinatown**		
106 Bayard St (at Baxter St.) 212-349-3132		$20	L
Lower Mhn	**Sticky Rice**		
65 Orchard St (bet. Grand & Broome St) 212-274-8200		$12	L
Soho	**Kittichai**		
60 Thompson St (bet. Broome & Spring St) 212-219-2000		$42	L
Soho	**Prap**		
177 Prince St (bet. Thompson & Sullivan St.) 212-254-7337		$20	L
Brooklyn	**Ghang Thai**		
204 Smith St (bet. Baltic St. & Butler St) 718-222-5588		$12	L
Brooklyn	**Lily Thai**		
615 Grand St (bet. Leonard & Lorimer St) 718-218-7522		$15	L
Brooklyn	**Loag Tan**		
196 5th Ave (bet. Union & Sackett St) 718-622-8444		$18	
Brooklyn	**Pagoda Thailand**		
383 Graham Ave (Devoe & Metropolitan Ave) 718-389-6445		$30	L
Brooklyn	**SEA**		
114 N 6th St (at Berry St) 718-384-9850		$20	L
Brooklyn	**Tai Thai**		
206 Bedford Ave (bet. N 5th & N 6th St) 718-599-5566		$30	
Oneon	**Erawaa**		
213-41 39th Ave Bayside NY 11361 718-229-1820		$30	M
Queens	**O Thai Bistro**		
108-25 Ascan Ave Forest Hills NY 11375 718-261-9566		$40	L
Long Island	**Phao Restaurant**		
29 Main St Sag Harbor NY 11963 631-725-0101		$30	

VIETNAMESE

Upper West	**Saigon Grill***		
620 Amsterdam Ave (at 90th St) 212-875-8072		$25	L
Upper East	**Asia Grill**		
1239 2nd Ave (at 65th St) 212-753-9818		$20	L
Upper East	**Vermicelli**		
1492 2nd Ave (bet. 77th & 78th St) 212-288-0800		$20	L
Midtown East	**Bo1**		
240 E 46th St (bet 2nd & 3rd Ave) 212-681 9541		$30	L
Midtown East	**Le Colonial**		
149 E 57th St (bet 3rd & Lexington Ave) 212-752-0600		$30	L
Midtown East	**OBAO**		
222 E 53rd St (bet 2nd & 3rd Ave) 212-808-9588		$25	L
Kotka Town	**PHO32***		
2 W 32nd St (bet 5th Ave & Broadway) 212-695-0694		$20	L
Chelsea	**Omni**		
158 9th Ave (bet 18th & 20th St) 212-633-0556		$32	L
Gramercy	**Bao Noodles**		
301 2nd Ave (bet. 22nd & 23rd St) 212-725-7770		$22	L
Gramercy	**Lannnm**		
393 3rd Ave (at 28th St) 212-686-5188		$15	L
West Village	**Saigon Grill Union Sq**		
41 University Pl (bet 11th & 12th St) 212-982-8081		$25	L
East Village	**Lannnm***		
121 University Pl (at 13th St) 212-420-1173		$20	L
East Village	**Nicky's Viet**		
150 E 2nd St (at Ave A) 212-388-1088		$9	L
Lower Mhn	**Nhn Tmng**		
47 Baxter St (bet. Bayard & Canal St) 212-233-5048		$15	L
Lower Mhn	**Pho Tu Do**		
102 Bowery St (bet. Hester & Grand St) 212-966-2966		$12	L

Hi sir, why don't we talk business over dinner?
I saw your restaurant on Chopsticks NY
Great idea! Sushi is my favorite!!
Delicious!!
We have a business deal!
Promotion here I come!!

LIFESTYLE

BEAUTY INTERVIEW
SACHIKO NISHIOKA OF GIOVANNI & SACCHI HAIR SALON

LANGUAGE
EXPRESSING WEATHER CONDITIONS

MANGA & ANIME
FISH & SUSHI MANGA

TRAVEL
TSUKIJI: JAPAN'S KITCHEN

ENTERTAINMENT
MARCH MADNESS FOR JAPANESE MUSIC

LISTINGS
BEAUTY / HEALTH / SHOP / SCHOOL / EVENT & HAPPENINGS

"Our salon brings out a new dimension in each custom

Beauty Advisor of the Month: Ms. Sachi Nishioka of GIOVANNI-SACCHI HAIR SALON

What is unique about your salon?

Giovanni and I have different backgrounds and offer services that complement each other. I am good at Japanese-style detailed services and delicate shampooing. On the other hand, Giovanni has extensive experience cutting all types of American hair. So we are a good team!

What are your specialties?

I do a dry cut on any type of hair while taking into consideration the customer's bone structure and head shape. In NYC, there are a lot of ethnicities and types of hair, so I do cuts that add dimension to their hairstyle. I like to create styles that are part of "everyday beauty." So even after you go home and wash your hair, your hair still looks great. I also do Japanese straight perms using our special techniques that work on all ethnicities.

Giovanni's specialties are cut and color. He is into hair design and overall fashion image. Giovanni is really good at bringing out and creating a "new you" so the customer can find a new charm and appeal in themselves.

Do you have any hair care tips for the spring?

Since it's going to get warmer outside, you might want to brighten up your hair color or add some highlights. Until now, really heavy hairstyles were in fashion, but I would suggest lightening up a bit for the spring.

Giovanni-Sacchi Hair Salon
1364 Lexington Ave., (bet. 90th & 91st Sts.)
New York, NY 10128
TEL. 212-360-5557
www.giovannisacchi.com

Beauty Tip from Ms. Nishioka

I believe that beauty comes from within. So I am very careful about my dietary habits. By eating certain foods your skin and hair can become really beautiful. Foods that contain vitamin E, protein, and iron are good for your hair. So I always try to eat food with those vitamins in them. I do small things like add *kinako* (soybean flour) to yogurt and tea each day. I also add grated ginger and fresh lemon juice to hot water and do not use sweeteners like sugar or honey. I like to exercise by jogging and stretching. I am a health nut! I'll try anything they say is good for your health!

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We can make your face beautiful, slim, and well shaped

The new technique developed in Korea, Bone Therapy has finally come to New York. Providing a direct stimulus to the bones and muscles it improves blood circulation, and removes wastes products from the bones and joints. In this way the face becomes smaller and imperfections in shape are removed.

64 salons in Korea and 4 in Japan

Additionally using bone therapy techniques troublesome spots on your body can be corrected and beautified.

Body-line Care **Pelvis Care** **Arms Care** **Back Care** **Hip & Pelvis Care** **Belly Muscle Care** **Thigh Thinning Care** **Body Weight Care** **Curved Legs Care** **Breast Care**

Bone Therapy has become a hot topic in the Japanese media, and has become incredibly popular in Japan.

See the website for details
www.beautymade.com/en/

YAK SON HOUSE 38 W. 32nd St. #601 New York, NY 10001 Tel: 212-564-7474

Beauty Guide

Indicated prices are based on haircut prices for hair salons and recommended treatment prices for spas

© Coupon available at **www.chopsticksny.com**

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HAIR SALON

Upper West — Hashi Coupe III

2601 Broadway (at 103th St.) | F $40- M $40-
212-663-0480

Upper East — Giovanni-Secchi

Giovanni-Secchi offers uptown service in a downtown ambience and caters to a wide range of clientèles. Staffed with American and Japanese stylists, they special ize in cut coloring cond tion ng, Japanese straight perm as well as styling for all types of occas ons

1364 Lexington Ave (bet 90th & 91st St.) | F $50- M $30-
212-360-5557 www.giovanni-secchi.com

Upper East — Michi*

209 E. 60th St (bet. 2nd & 3rd Ave.) | F $75- M $50-
212-752-8228

Upper East — Tokuyama Salon*

230 E. 83rd St. (bet. 2nd & 3rd Ave.) | F $60- M $45-
646-666-8585

Upper East — Tomoko Shima Hair Salon*

171 E. 92nd St. (bet. Lexington & 3rd Ave.) | F $60- M $55-
212-722-9828

Midtown West — Midoma Salon-Gallery

545 8th Ave. (bet. 37th & 38th St.) | F 100- M 100-
917-432-2867

Midtown West — Miagia Salon New York

10 W. 56th St. 2 Fl. (bet. 5th & 6th Ave.) | F $80- M $70
212-459-3320

Midtown West — Mitzu

57 W. 57th St. #1204 (at 6th Ave.) | F $145 M $115
212-757-5360

Midtown West — SALON VIJIN*

From fabulous cuts to spectacular esthet c strai ght perms and colorings Salon Vijin leads the way in hair styl ng and care for the future. Weekdays 10am-7pm weekend 10am-6pm Appo ntment recommended

10 Rockefeller Plaza Concourse Level | F $6%- M $6%-
212-664-0664 www.salonvijin.com

Midtown East — Eiji International

901 Madison Ave. 5 Fl. (bet. 67th & 68th St.) | F $125- M $80
212-639-9454

Midtown East — Hair Mates Midtown*

114 E. 40th St. (bet. Lexington & Park Ave.) | F $60 M $55
212-686-2630

Midtown East — HEARTS New York Salon*

When customers visit a new hair salon they want the best poss ble technology and service. To fully sat sfy the customers needs the salon offer del cate Japanese hair cut techn ques sensitive customer serv ce and cutting edge Japanese technology l ke the A rewave

40 E. 58th St. 2nd Fl. (Park & Madison Ave.) | F $70 M $55
212-418-6800 www.heartsny.com

Midtown East — Hisako Salon*

141 E. 47th St. 2 Fl. (bet. 3rd & Lexington Ave.) | F $60- M $45
212-764-7640

Midtown East — Manish*

231 E. 53rd St. (bet. 2nd & 3rd Ave.) | F $45- M $35-
212-755-2623

Midtown East — Momotaro*

22 E. 49th St. 2 Fl. (bet. Madison & 5th Ave.) | F $70- M $60
212-759-2392

Midtown East — RH Plus Salon*

RH+

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Combination Also try Smoothing Solution Cashmere Luminance wh ch smoothes ha r effortlessly ©

605 3rd Ave. 2 Fl. (bet. 49th & 50th St.) | F $60- M $50
212-644-9058 www.rhplusny.com

Midtown East — Salon Ishi

70 E. 55th St. (bet. Park Ave. and Madison Ave.) | F $67- M $71
212-888-4744

Midtown East — VARTALI SALON

42 East 57th St (bet Park&Madison Ave.) | F $95 M $70
212-935-4640

Midtown East — Wave 55 Hair Salon

1059 2nd Ave. (bet. 55th & 56th St.) | F $80- M $50
212-355-7399

Chelsea — Cowlicks Japan*

Cowlicks Japan

We offer a mellow alte native to the salon env ronment. We offer a w de range of services styling color perms and Japanese stra ghten ng. In addition we can offer hot cheiic days by offering full-body sh atsu to help you relax

137 W. 15th St. (bet. 6th & 7th Ave.) | F $60- M $55-
212-807-2123 cowlicksjapan.com

Chelsea — Hisako Salon*

163 7th Ave. (bet. 20th & 21St.) | F $55- M $45-
212-889-2233

Chelsea — Hashi Coupe I

259 W. 19th St. (bet. 7th & 8th Ave.) | F $50- M $50
212-255-0770

Chelsea — Ken Shigematsu

256 W. 15th St. (bet 7th & 8th Aves.) | F $80- M $60
646-234-1134

Chelsea — KIWA Salon*

234 W. 27th St. (bet. 7th & 8th Ave.) | F $55 M $55
212-620-3146

Chelsea — Tomoko Shima Hair Salon*

235 W. 14th St. (bet 7th & 8th Ave) | F $85- M $60
646-439-8277

Gramercy — Hair Mates Union Square

23 E. 17th St. (bet. Broadway & 5th Ave.) | F $55 M $50
646-692-4750

Gramercy — Hoyato New York*

125 E. 23rd St. 2 Fl. (bet. Lexington & Park Ave.) | F $60- M $60
212-673-7373

West Village — Hair Moda

479 8th Ave. (bet. 11th & 12th St.) | F $50 M $50
646-381-8124

West Village — SEI-TOMOKO W4

142 W. 4 th St. (Washington Sq. Pk & 6th Ave) | F $35- M $35-
212-477-5475

West Village — YUI Salon*

YUI Salon features the elite styl sts from NY Fash on Week Fall/W nter 2009 Collection and Spring/Summer 2010. Our friendly staff m ves your hair and f n shes up in a beautiful style. Cut color Japanese stra ght perm and head spa are always popular

323 W. 11th St. (Greenwich & Washington) | F $70 M $90-
212-647 9303 www.yuisalon.com

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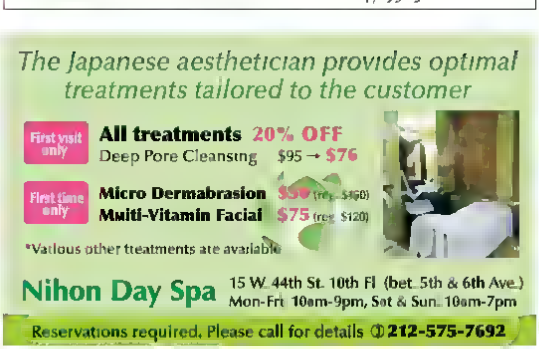
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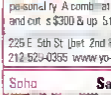
East Village	**009**		
313 E 9th St. (bet. 1st & 2nd Ave.) 212-677-2020		F $60 M $50	
East Village	**Ampersand**		
242 E 4th St (bet. Ave A & B) 212-228-3450		F $60 M $50	
East Village	**Olala***		
145 Ave A (bet. 9th & 10th St.) 212-777-5252		F $50- M $45-	
East Village	**Hair Date**		
328 Bowery (bet. 2nd & 3rd St.) 212 228-8361		F $50- M $45	
East Village	**Hair Mates Downtown***		
13 3rd Ave. (bet. 7th & St. Marks Pl.) 212 777-4512		F $45- M $40-	
East Village	**Hoshi Coupe II**		
214 E 9th St. (bet. 2nd Ave. & 3rd Ave.) 212-505-0383		F $45- M $40	
East Village	**i Salon***		
77 E. 10th St. (bet. 3rd & 4th Ave.) 212-505-0537		F $45- M $40	
East Village	**K2 Salon***		
215 E. 10th St. (bet. 1st & 2nd Ave.) 212-260-5138		F $65- M $50-	
East Village	**Kiyora Salon***		
15 E. 12th St. 2nd Fl. (5th&Universety) 212-414-4488		F$80 M$65	
East Village	**Pirka Salon***		
233 E. 4th St. (bet. Ave. A & B) 212-673-6209		F $60 M $50	
East Village	**Q Hair***		
15 Bleecker St. (bet. Bowery & Layfayette St.) 212-614-8729		F $80 M $60	
East Village	**Redga Salon**		
269 E. 10th St. (bet. Ave. A & 1st Ave.) 212-777-3343		F $45- M $45-	
East Village	**SEI-TOMOKO 02**		
126 E 4th St. (bet. 1st & 2nd Ave.) 212-473-9320		F $35- M $35	
East Village	**SEI-TOMOKO E13**		
240 E. 13th St. (bet. 2nd & 3rd Ave.) 212-533-6613		F $35- M $35-	
East Village	**Shizen**		
527 E. 6th St. (Bet. Ave. B & C) 212-777-2128		F $65 M $65	
East Village	**Takamichi Hair***		
35 Great Jones St. 7 Fl. (Bowery & Lafayette) 212-420-7979		F $100- M $35-	
East Village	**Ueno Salon***		
40 E. 9th St. (bet. Ave. A & 1st Ave.) 212-505-7773		F $65- M $60-	

East Village — Yo-C Salon*

The owner stylist Yoshi at Yo-C's funky & edgy styles of Tokyo elegance of Paris and aggressiveness of NY styles and highlights individual customer's personality. A combination of Japanese Straight Perm and cut is $300 & up. Student discount available. C

225 E. 5th St. (bet. 2nd & 3rd Ave.) 212-529-0355 www.yo-csalon.com — F $75 M $75

Soho — Salon Musa



Veteran stylist, owner and mastermind Yoshi Musa welcomes you to Salon Musa in Soho, New York. The salon offers phenomenal Japanese style cutting techniques as well as color and perm treatments in a relaxing atmosphere.

159 Sullivan St. (bet. W. Houston & Prince St.) 646-464-6033 http://salonmusa.com — F $75- M $60-

Tribeca	**Lotus Salon North Moore**		
34 North Moore St. (bet. Varick & Hudson St.) 212-213-3539		F $100 M $60	
Soho	**Lotus Salon Prince St.**		
7 Prince St. (bet. Bowery & Elizabeth St.) 212-213-3293		F $80 M $65	
Brooklyn	**Commune Salon & Gift**		
181 Grand St. (bet. Driggs & Bedford Ave.) 718-384-7412		F $60- M $50-	
Long Island	**LI Wave**		
18 Haven Ave. Port Washington, NY 11050 516-883-3046		F $40 M $30	
Westchester	**Akane Salon**		
7 E. Hartsdale Ave. Hartsdale, NY 10530 914-840-0216		F $55- M $45-	
Westchester	**Hair Studio NAKA***		
267 Halstead Ave. Harrison, NY 10527 914-835-0045		F $65- M $55-	
Westchester	**Hiro's Hair Salon***		
280 Railroad Ave. Greenwich, CT 06830 914-921-9939		F $80 M $50	
Westchester	**Momotaro***		
2 Spencer Pl. 2 Fl. Scarsdale, NY 10583 914-472 5637		F $60- M $50-	
Westchester	**Salon Susen**		
16 E. Hamdale Ave. Hartsdale, NY 10530 914-645-7475		F $40 M $30	
New Jersey	**Akane Salon***		
2024 Center Ave. Fort Lee, NJ 07024 201-461-3644		F $40- M $30-	
New Jersey	**Katsuko Salon***		
2039 Lemoine Ave. Bsmt. Fort Lee, NJ 07024 201-585-9898		F $60 M $40	
New Jersey	**Michi Beauty Salon**		
555 River Rd. Edgwater, NJ 07020 201-941-1188		F $50- M $40-	
New Jersey	**Salon Tomo**		
1617 Parker Ave. Fort Lee, NJ 07024 201-346-0501		F $50 M $45	

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SPA

Midtown West	**Excy Laser Hair Removal***		
147 W. 35th St. (bet. Broadway & 7th Ave.) 212-695-1868		Upper lip $50	
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15 W 44th St. 10 Fl. (bet. 5th & 6th Ave.) 212-575-7692		$40-	
Midtown West	**Purest Laser**		
25 W. 39th St. 6th Fl. (bet. 5th & 6th St.) 212-302-0038		Upper Lip $45	
Midtown West	**SHIZUKA New York**		
7 W 51st St. 8th Fl. (bet. 5th & 6th Ave.) 212-644-7400		$65-	
Midtown East	**Hana Day Spa***		
208 E 60th St. (bet. 2nd & 3rd Ave.) 212-644-4587		$110- /h	
Midtown East	**MOONFLOWER SPA***		
8 E 41st St. 3 Fl. (bet. Madison & 5th Ave.) 212-983-8729		$75 /h	

Korea Town	**Aura Wellness Spa**		
49 W. 33rd St. (bet. 5th Ave. & Broadway) 212-695-5558		$120-	
Korea Town	**YAK SON HOUSE***		
39 W. 32nd St. 901 (Broadway & 5th Ave.) 212-564-7474		$150-	
Chelsea	**Fabylous Living**		
145 W. 28th St. 9 Fl. (bet. 6th & 7th Ave.) 212-279-0558		Colonic $100	
Chelsea	**Mist Beauty**		
145 W. 29th St. 9 Fl. (bet. 6th & 7th Ave.) 212-643-3447		Facial $45-	

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56 W 14th St. 2 Fl. (bet. 5th & 6th Ave.) 212-633-5848		$95 /h	
East Village	**TAMAGO Skincare**		
239 E. 13th St. (bet. 2nd & 3rd Ave.) 212-505-1599		$40 /h	
Lower Mhn	**Corina Beauty Center**		
121 Baxter St. (bet. Canal & Hester St.) 212-941-7118		$45 /h	
Lower Mhn	**Facial Spa**		
170-172 Canal St. (Mott & Elizabeth St.) 212 925-5114		Facial $36/45m n	

Lower Mhn	**KSS BEAUTY SPA**		
147 Centre St. (bet. Canal & Howard St.) 212 966-9531		Min Facial $30	
Tribeca	**Spring Thyme Wellness Spa**		
75 Nassau St. (bet. John & Fulton St.) 212-385-4373		$40-	
Queens	**este de doronko**		
113-19 Union Tpk. Forest Hills, NY 11375 917-806-4004		Whitening $60-	
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131-10 11th Ave. College Point, NY 11356 718-939-6300		$35-	
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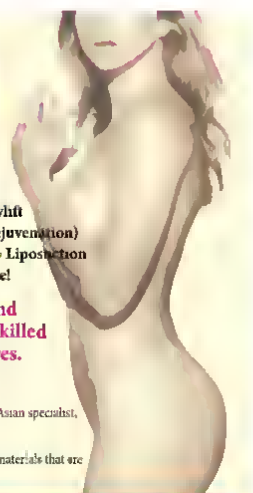

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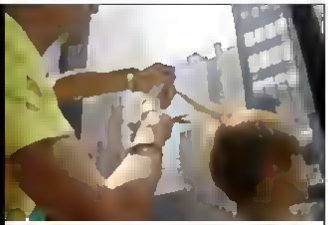

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Big Spring Promotion
All Kazu's beauty services are 40% off.
Offer valid through March 31 2012
First visit only

About Kazu:
A stylist with plenty of experience, he worked in Tokyo's fashionable Shinjuku and Ikebukuro neighborhoods for 10 years and he participated in NY Collection in 2011 and 2012

hair and Michi

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208 E. 60th St.
(bet. 2nd & 3rd Aves)
Tel: 212-752-9229

Coming Up! CHOPSTICKS NY

April Issue (Published on 3/30/2012)

Beauty and Health

Chopsticks NY April issue will be a special edition focusing on anti-aging, health, diet and beauty with editorial articles featuring Japan as a country of longevity and anti-aging. From weight loss methods to beauty trends and an approach to beauty and health secrets of Japanese for youthful, long lives. We are providing special advertising space to introduce all the latest information on anti-aging, diet, beauty, health salons and goods in New York

For further inquiries or to request materials please call or email.
TEL: 1-600-535-6663 / 212-431-9970 adsales@chopsticksny.com

[Deadline] Display Ad: 3/15/12 (Thu)

Health Guide

Indicated prices are recommend treatment pr ce.

Coupon available at www chopsticksny com

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SHIATSU

Upper West — Yoor Trea Salf
501 Sem nary Row (at Amsterdam Ave) 212-678-4251 — $75 /60min

Midtown West — Endo Seitai Shiatsu

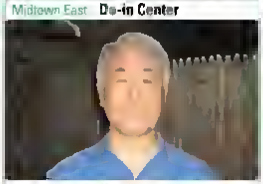
A veteran practit oner of Seita w th 21 years of exper ence Mr Endo can correct mbalances in your body to mprove your posture allev ate back arm and neck pain and relieve stress Appointment required
241 W 30th St 2 Fl (7th & 8th Ave) 973-951-2939 — $90 /60m n

Midtown West — Oseka Health Spa 46
37 W 46th St 3 Fl (bet 5th & 6th Ave) 212-575-1303 — $120 /60min

Midtown West — Salon de Tokyo
200 W 57th St #1308 (at 7th Ave) 212-757-2167 — $70 /60min

Midtown East — Dom Holistic Cantar
141 E 55th St 2E (bet Lexington & 3rd Ave) 212-897-9114 — Shiatsu

Midtown East — Do-in Center



Correct your pelvic alignment to recover your health and prevent injury! At Do-in Center, this 60 minute seitai treatment is now offered for $180 (reg. $200). Also, buy a 10 treatment package and get 2 free. Finally, a free pelvic assessment is available for first time customers. For seitai and shiatsu please call for appointments. Open Monday to Friday 10 am to 8pm and Saturday 3pm to 8pm.
141 E 55th St. 2E (bet. Lexington & 3rd Ave.) 212-897-9116 www.doinseita.com — Seitai

Midtown East — iDo Holistic Center*

The destination for physical and mental wellness Japanese massage spa iDo Holistic Center specializes in shiatsu, acupuncture, and herbal medicine to make your dreams of a healthy life come true. To new clients, they are currently offering the Over-50% Off Massage Package which includes 30 minutes of herbal sauna and 60 minutes of massage (choice of Shiatsu, Deep Tissue and Swedish massages) for $68 (reg. $140).
22 E. 49th St. (Madison & 5th Aves) 212-599-5300 — $80 /hour

Midtown East — eese NY LLC
16 E 41st St #26 (bet. Madison & 5th Ave) 212-461-5151 — $75 /50min

Midtown East — Kenkodo Inc
211 E. 53rd St. (bet 2nd & 3rd Ave) 212-980-0088 — $90 /60min

Chelsea — Cowlicks Japan*
137 W 15th St (bet 6th & 7th Ave) 212-367-8123 — $40 /30min

East Village — Kensy
229 E 9th St 2 Fl (2nd Ave & Stuyvesant St) 212-253-6171 — $45 /60min

Lower Mhn — Health Trail CO
23 Fell St 2 Fl (bet Mott & Doyers St) 212-601-2212 — $40 /60min

Lower Mhn — Howard's Beauty Salon
34 Howard St. 2 Fl (Broadway & Crosby) 212-625-8966 — $50 /60min

New Jersey — Endo Seitai Shiatsu NJ
23 Kingsland St 2 Fl Nutley NJ 07110 973 951-2939 — $90 /60min

ACUPUNCTURE

Upper East — Herbol Fairy Spa
225 E 84th St #7 (bet 2nd & 3rd Ave) 212-288-3688 — $80 /60min

Midtown West — Eileen Chen
119 W 57th St. #511 (bet 6th & 7th Ave.) 212-974-2990 — $100 /60min

Midtown West — Nihon Medical Group
15 W 44th St 10 Fl (bet 5th & 6th Ave.) 212-575-0310 — $60 & up

Midtown West — NY Acupuncture & Herbs
250 W 57th St. #1330 (at Broadway) 212-262-9998 — $100 /visit

Midtown West — Vital Balance Healing Center

Yesuh Sunuk L Ac is licenced in both Japan & the U S and specializes in treating many conditions includ ng chron c and acute pain athlet c injury fatigue & stress Treatments are tailored to your ind vidual symptoms Call for a consultat on
241 W 37th St #405 (bet. 7th & 8th Ave) 212-470-3258 www.vitalbalancehealingcenter.com — Acupuncture

Midtown West — Yamaguchi Acupuncture*

One of the most distinguished acupuncturist and Kampo herbalists w th 34 years of experience I censed in NY and Japan specializes n pain management sports injury menopause nfertility allergy and d gest ve problems www.yamaguchiacupuncture.com
161 W 54th St #21 (bet 6th & 7th Ave) 212 246-7566 www.yamaguchiacupuncture.com — Acupuncture

Midtown East — Acomed Center*
150 E 58th St #1C (bet 3rd & Lexington Ave) 212-888-8677 — $90 /60min

Midtown East — Amy Natura Center
137 E 47th St. (bet 3rd & Lexington Ave) 212-317-2720 — $90 /visit

Chelsea — Love & Compassion
48 W 21st St 7 Fl (bet. 5th & 6th Ave) 212-242-8701 — $140 /120min

Chelsea — SuHu Natural Health
1 Union Sq W #715 (at E 14th St) 212-691-8291 — $90 /visit

Queens — Chun Kai
133-47 Sanford Ave #1G Flush ng, NY 11355 718-961 7222 — $60 /45min

Long Island — Kimera Acupuncture
637 Willis Ave Williston Park NY 11596 516-862-1202 — $90/acu $40/ear

New Jersey — Dr Hong
6135 Bergenline Ave. #3 West NY NJ 07093 201-854-8488 — $90 /30min

OOCTOR

Upper East — Luis Fujimoto DDS
800 5th Ave #303 (bet 51st & 52nd St) 212-315-3138 — Dentist

Midtown West — Anshin Medical Health
36 W 44th St #303 (bet 5th & 6th Ave) 212 730-9010 — General Clinic

Midtown East — iDo Holistic Center*

Do Holistic Center specializes in Kampo Eastern herbal medicine and provides treatments for physical and psychological problems unique to females (PMS menopause) migraines allergy and constipation A 30-min consultation is $20 (reg. $90) for new patients.
22 E 49th St (Madison & 5th Aves) 212 599-5300 — Herbal Medicine

Midtown West — Nihon Medical Group
15 W 44th St 10 Fl (bet 5th & 6th Ave) 212-575-0310 — General Clinic

Midtown East — Haruyo Fujiwaki PhD
16 E 41st St #4D (bet Madison & 5th Ave.) 212-286-2627 — Psychology st

Midtown East — Japanese Medical Practica
55 E 34th St 2 Fl (bet Park & Madison Ave) 212-683-2113 — General Clinic

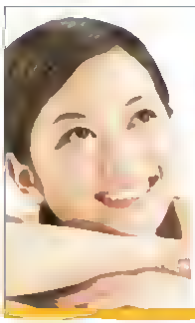
Midtown East — Midtown Dental Group*
155 E 55th St #301 (bet Lexington & 3rd Ave) 212 759-5595

Chelsea — Herone Miyamoto SW
354 W 18th St #3C (bet 8th & 9th Ave) 347-403-3508 — Social Worker

New Jersey — Edgewater Family Care Center
725 River Rd #202 Edgewater NJ 07020 201-943-4040 — General Clinic

New Jersey — Japanese Women's Cantar
370 Palisade Ave 3 Fl Teaneck, NJ 07666 201 747-9284 — OBGYN

New Jersey — New Jersey Clinic
2231 Lemoine Ave Fort Lee NJ 07024 201 944-1008 — OBGYN Gastro



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22 E. 49th St 3rd Fl (bet Madison & 5th Ave)

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art.

Ⓒ Coupon available at **www.chopsticksny.com**

★ Chopsticks NY available to pick up

FASHION

Upper West — Bit'z Kids*
410 Columbus Ave (bet. 79th & 80th St.)
212-724-1415
Clothing

Upper East — R by 45rpm
17 E. 71st St. (bet. Madison & 5th Ave.)
212-737-6545
Clothing

Upper East — Seigo Accessories
1242 Madison Ave. (bet. 89th & 90th St.)
212-534-6275
Accessories

Upper East — SEIGO NECKWEAR
1248 Madison Ave. (bet. 89th & 90th St.)
212 987 0191
Accessories

Midtown East — Miki House
1000 3rd Ave. (at Bloomingdale's)
Clothing

Chelsea — Janko Yoshioka
224 5th Ave. 2Fl (bet. 25th & 26th St.)
212-206-9302
Clothing

Gramercy — Ripple*

Japanese expert in body shaping undergarments with 20 years of experience. Special-ease in custom-altered fits from small 30A to full 40H to enhance body shape. Three-step system gradually reshapes tissue through a series of bras to increase lift naturally. Ⓒ

66 Madison Ave. (bet. 27th & 28th St.)
212-689-2223 www.ripplu.com
Lingerie Shop

West Village — Yamak
321 1/2 Bleecker St. (bet. Christopher & Grove)
212-807-9100
Clothing

East Village — ARGOSY
429 E. 9th St. (bet. Ave. A & 1st Ave.)
212-982-7818
Clothing

East Village — Local Clothing
328 E. 9th St. (bet. 1st & 2nd Ave.)
212.777.0850
Clothing

East Village — Tokio 7*
83 E. 7th St. (bet. 1st & 2nd Ave.)
212-353-8443
Clothing

East Village — Tokyo Joe
334 E. 11th St. (bet. 1st & 2nd Ave.)
212 473-0724
Clothing

Tribeca — Bit'z Kids Tribeca
275 Greenwich St. (bet. Murry & Warren St.)
212-571-0803
Clothing

Tribeca — Mika Isetome
93 Reade St. 2 Fl (Church St. & W. Broadway)
212 966-7777
Clothing

Soho — Arth
75 W. Houston St. (Wooster & W. Broadway)
212 539-1431
Accessories

Soho — Facial Index
104 Grand St. (at Mercer St.)
646-613-1058
Eyewear

Soho — Keori's Closet
71 W. Houston St. (Wooster St. & W. B way)
212-387-7718
Lingerie

Soho — Mieko Mintz
35 Thompson St. (bet. Spring & Broome St.)
212-627 1524
Clothing

Soho — R by 45rpm
169 Mercer St. (bet. Prince & Houston St.)
917 237-0045
Clothing

Soho — UNIQLO
546 Broadway (bet. Prince & Spring St.)
917 237-4800
Clothing

Soho — Yohji Yamamoto
103 Grand St. (at Mercer St.)
212-966-9066
Clothing

Queens — Ripplu Flushing*
136-20 39th Ave. #Ht. 219 Flushing, NY 11354
718-353 1345
Lingerie

J-POP CULTURE

Midtown West — Book Off*
49 W. 45th St. (bet. 5th & 6th Ave.)
212-685 1410
Book

Midtown West — Jim Hanley's Universe*
4 W. 33rd St. (bet. 5th Ave. & Broadway)
212 268-7088
Manga

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st St.)
212-869-1700
Book

Midtown West — Midnight USA
35 W. 43rd St. 2 Fl (bet. 5th & 6th Ave.)
212 827-0502
Video Rental

Midtown West — Midtown Comics*
200 W. 40th St. (at 7th Ave.)
212-302-8132
Manga

Midtown East — Midtown Comics*
455 Lexington Ave. (at 45th St.)
212-302-8132
Manga

Chelsea — Cosmic Comics
10 E. 23rd St. 2 Fl (bet. Madison & 5th Ave.)
212-460-5322
Manga

Chelsea — Imago Anime*
242 W. 30th St. (bet. 7th & 8th Ave.)
212-631-0965
Anime

West Village — AC Gears
58 E. 8th St. (Broadway & University Pl.)
212 260 2269
J Goods

East Village — Forbiddea Planet
540 Broadway (at 13th St.)
212 473 1575
Toy

East Village — Kim's Video St. Marks
124 1st Ave. (bet. 7th St. and St. Mark Pl.)
212-533-7360
Video Rental

East Village — St. Marks Comics
11 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-598-9436
Manga

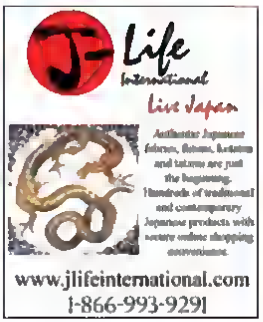
East Village — Sanrise Mart
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.)
212-598-3040
Video Rental

East Village — Toy Tokyo*
31 2nd Ave. (bet. 5th & 6th St.)
212 673-5424
Toy

East Village — Video Games New York*
202 E. 9th St. (at 3rd Ave.)
212 539 1039
J Goods

Soho — kidrobot
118 Prince St. (bet. Greene & Wooster St.)
212 966-6928
Toy

Soho — Sanrise Mart, Sobo
434 Broome St. (W. Broadway & Wooster)
212-219-0033
Video Rental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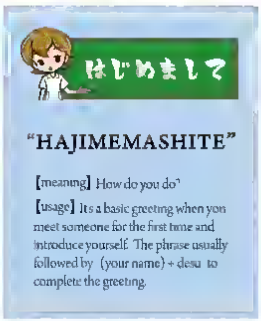

はじめまして
"HAJIMEMASHITE"
【meaning】How do you do?
【usage】Its a basic greeting when you meet someone for the first time and introduce yourself. The phrase usually followed by (your name) + desu to complete the greeting.

Brooklyn **Zakka Corp***
155 Plymouth St (bet. Jay & Front St.)
718-801-9037
Book

Queens **Anime Castle***
35-32 Union St, Flushing, NY 11354
347-430-1290
Anime

Long Island **Anime Castle**
77 Searing Ave, Mineola, NY 11501
516 214-4484
Anime

TRADITIONAL

Upper East **Sera***
950 Lexington Ave. (bet. 69th & 70th St.)
212-772-3243
Dishware

Midtown East **Japanese Culinary Center**
711 3rd Ave. (at 45th St.)
212-661-3333
Dishware/ General

Midtown East **Misemoto Kitchoee***
605 Fifth Ave. (at 48th St.)
212-465-3747
Confectionery

Midtown East **Precious Pieces**
5 Tudor City Pl. (bet. 40th & 41st St.)
212-682-8505
Parchment

Chelsea **KYOTOYA***
23 W. 18th St. (bet. 5th & 6th Ave.)
212-414-0720
General

East Village **Makori**

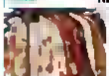
Makori offers innovative and traditional museum quality antiques from Japan. We carry tableware, china, furniture, kimono, ornaments, and art from Edo to Showa period as well as contemporary items like tea & sake cups, tenugui and more!
97 3rd Ave. (bet. 12th & 13th St.)
212-505-5888 www.themakori.com
Antique/ General

SoHo **Kimono House**

Choose from a huge selection of kimonos and robes, from formal to casual, traditional new or vintage. A wide variety of Obis, Tabi socks and kimono accessories are available. They also offer Kitsuke (kimono dressing) services for weddings and special occasions.
131 Thompson St. (bet. Prince & Houston St.)
212-505-0232 http://kimonohouse.blogspot.com
Kimono

Tribeca **Korin***
57 Warren St. (bet. Church St & W. B way)
212-587 7021
Dishware/ General

SoHo **KITEYA SOHO***



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464 Broome St. (bet. Mercer & Greene St.)
212 219-7505 www.kiteya.com
General

Queens **Seito Trading**
52-15 111th St, Long Island City, NY 11101
718-472-5413
Dishware

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595 River Rd, Edgewater, NJ 07020
201-945-1134
General

Pennsylvania **Morihata International**
429 N. 13th St. #2C, Philadelphia, PA 19123
215-238-1328
General

Online **Wuheo New York**
536 W. 111th St. (Broadway & Amsterdam)
212 231-8182
Towel

GALLERY

Upper West **Gallery Sakiko**
155 W. 68th St. (bet. B way & Amsterdam)
212-496-3293
Gallery

Chelsea **Annex Art Gallery**
529 W 20th St. (bet. 9th & 10th Ave.)
212 727 3030
Gallery

Chelsea **Ippodo**
521 W. 26th St. (bet. 10th & 11th St.)
212-967-4606
Gallery

Chelsea **NYCoo Gallery***
1133 Broadway #335 (bet. 25th & 26th St.)
212-889-1149
Gallery

Chelsea **Oeishi Gallery**
521 W. 26th St. (bet. 10th & 11th Ave.)
212-695-9635
Gallery

Chelsea **Po'An**
521 W. 26th St. (bet. 10th & 11th Ave.)
212 507-4999
Gallery

Lower Man **Asian American Arts Ctr**
26 Bowery 3 Fl. (bet. Pell & Bayard St.)
212-233-2154
Gallery

Lower Man **gallery onetwentyeight**
126 Rivington St. (bet. Norfolk & Essex St.)
212-674-0244
Gallery

Queens **Gallery Gen**
47-09 36th St, Long Island City, NY 11101
718-392-7717
Gallery

OTHER

E. Harlem **Absolute Piano***

A full service piano store located in East Harlem offers new and refurbished high quality pianos at affordable prices. The service ranges from sales, rentals, repairs and tuning to moving and storage. Open 7days a week, 11 am-6 pm.
1046 Park Ave. (at 116th St.)
212-987-6173 www.absolutepianoNY.com
Other goods

Midtown West **Toho Shoji N.Y.***
360 6th Ave. (bet. 36th & 37th St.)
212-868-7465
Jewelry Supply

Midtown East **Terry Moy***
153 E. 53rd St. (bet. 3rd & Lexington Ave.)
212-868-0303
Other Goods

Lower Man **The Mandarin's Tea Room**
21 Howard St. #201 (Lafayette&Broadway)
917 797-1091
Other Goods

Online **Hortissimo**
www.hort-store.com
855-647 7300
Other Goods

Online **LUPICIA Fresh Tea**
www.lupicausa.com
866-574-4032
Other Goods

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School Guide

This following is a list of schools where you can learn Japanese culture.

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★ Chopsticks NY available to pick up

LANGUAGE

Upper West — Your True Self — Japanese
501 Seminary Row (at Amsterdam Ave.)
212-678-4251

Midtown West — NY Japanese Language — Japanese
257 W. 39th St. 14 Fl. (bet. 7th & 8th Ave.)
646-345-3777

Midtown West — The Nippon Club/JFNY — Japanese

JF Japanese Language Course focuses on what learners can do in practical settings and incorporates cultural activities — manga/anime, J-pop, calligraphy, etc. Learn real life Japanese and experience Japanese culture! Visit www.jfny.org/language for more info.

145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223 www.nipponclub.org/culture

Midtown East — Amity Language Institute* — Japanese
124 E. 40th St. #203 (Lexington at 40th st.)
212-697-2374

Midtown East — Hills Learning — Japanese

Hills Learning is the only language school in Chopsticks NY that offers group classes and private lessons for Japanese as well as Korean, Chinese, Thai and English. Trial lessons are available with no mandatory material or registration fees.

380 Lexington Ave. 17 Fl. (bet. 41st & 42nd St.)
212-551-7903 www.hillslearning.com

Midtown East — Ibec language institute, inc.* — Japanese
369 Lexington Ave. #300 (bet. 40th & 41st St.)
212-867-2000

Midtown East — Japaa Society — Japanese
333 E. 47th St. (bet. 1st & 2nd Ave.)
212-715-1256

Midtown East — Language House — Japanese
211 E. 43rd St. #1108 (bet. 2nd & 3rd Ave.)
212-943-5455

Midtown East — PC Tach* — Japanese
317 Madison Ave. #600 (at 42nd St.)
212-808-4754

Midtown East — Rennert New York — Japanese
216 E. 45th St. 17 Fl. (bet. 2nd & 3rd Ave.)
212-867-0700

Chelsea — ABC Language Exchange* — Japanese
146 W. 29th St. #6E (bet. 6th & 7th Ave.)
212-563-7590

Chelsea — Team* — Japanese
43A W. 13th St. (bet. 5th & 6th Ave.)
212-645-2900

East Village — NYCNDA — Japanese

Provides immersion into the Japanese language and culture for children ages 0-6 years in a fun environment. The activities include play, music, songs, crafts, games and story time. Visit the website for full details and additional programs! Daycare ages 3-5years.

Visit by appointment only
212-677-3252 www.nycnda.com

Tribeca — Tribeca Languaga — Japanese
22 Harrison St. (bet. Hudson & Greenwich St.)
212-219-9693

Westchester — Japaaese Study Hall — Japanese
84 Calvert St. Harrison, NY 10528
917-607-2817

New Jersey — Japanese-American Society of New Jersey* — Japanese

Their language programs are taught by highly trained instructors who qualified through the special certification program. Group and individual lessons are available on and off the premises as well as via Skype.

304 Main St. 2nd Fl. Fort Lee, NJ 07024
201-461-5133 www.jasnj.com

New Jersey — R/Liago Learaag Center — Japanese
2400 Lemoine Ave., #104&105 Fort Lee, NJ
201-947-4707

TRAOITIONAL

Upper West — Ikenobo Ikabaaa School — Ikebana
30 W. 60th St. Wlk (Broadway&Columbus)
212-757-6748

Upper West — Seikou Shodo — Calligraphy

Private shodo lessons by an instructor with 30 years of shodo practice and an 8th dan — the highest shodo degree. Lessons can be arranged on Tue., Thu., Sat. and Sun. Monthly Bokuga (ink painting) meetings are also held. Email seikou5102009@gmail.com for more details.

315 W. 51st St. (at West End Ave.)
212.247.2589 www.seikoushodou.com

Upper West — Sogetsu Ikabana School — Ikebana
201 W. 70th St. (at Amsterdam Ave.)
212-873-6115

Upper East — Uraseake Chanoyu Ctr — Sado
153 E. 69th St. (bet. 3rd & Lexington Ave.)
212-861-6161

Midtown West — Ellie's NY Floral Desiga — Ikebana
15 W. 44th St. 11 Fl. (bet. 5th & 6th St.)
212-661-3698

Midtown West — N.Y. Togei Kyashitsu* — Pottery

N.Y. Togei Kyoshitsu has been offering Japanese ceramic classes for beginner to advanced students since 1994. They teach traditional artistries, aesthetics and functionality of togei. 2.5 hour trial class is $35. Unlimited studio use for open studio members.

5 W. 30th St. 3 Fl. (bet. Broadway & 5th Ave.)
212-268-1711 www.nytogei.com

Midtown West — NIHONWASDU USA — Kimono
1410 Broadway #2618 (bet. 39th & 40th St.)
212-869-0500

Midtown West — The Nippaa Club — Sado
145 W. 57th St. (bet. 5th & 7th Ave.)
212-581-2223

Midtown East — Lotus Books and Gifts — Ikebana
151 E. 57th St. 3 Fl. (bet. 3rd & Lexington Ave.)
212-744-5123

Queens — Nasha-kai Ryukyu Dance School — Dance

The school offers Okinawan dance and singing lessons in both traditional and folk styles as well as sanshin (musical instrument) lessons. Junko is seeking people who would like to take dance and music lessons and possibly perform in future events.

242-17A Oak Park Dr. Douglaston, NY 11362
718-631-2637 www.Junkofisher.com

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- Okinawan Dance

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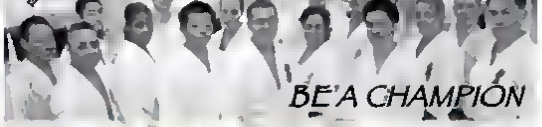
www.resobox.com | www.facebook.com/resobox

KYOKUSHIN KARATE



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NY 265 Madison Ave. 5th Fl. @ 39th St., NYC 10016
261 Halstead Ave, Harrison, NY 10528
NJ 360 Old River Rd. 2nd Fl. Edgewater, NJ 07020
212.947.3334 / www.kkny.net

Chelsea — **Ikebana Flowers New York** — Ikebana
1133 Broadway #230 (bet. 25th & 26th St.) 212-255-5753

Soho — **Kimono Hoose** — Kimono
131 Thompson St. (bet. Prince & Houston) 212-505-0232

Japan — **Ikebone International** — Ikebana
info@ikebanany.org 212-724-7097

Japan — **Ohara School** — Ikebana
DharaNYC@aol.com 201-385-0353

MARTIAL ARTS

Upper West — **Aikido Up Here** — Aikido
3 Henshaw St. (riverside Dr. & Dyckman St.) 646-483-8700

Upper West — **Kohushi Bodo Institute** — Judo
332 Riverside Dr. Mail: 105th & 106th St.) 212-865-6777

Upper West — **Shinmyu Matsukayashi*** — Karate
131 W. 72nd St. #2R (Columbus & Amsterdam) 212-875-8826

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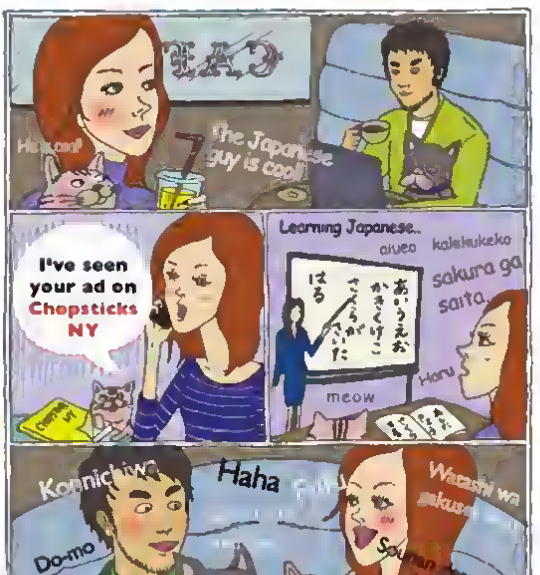

Nihongo YOMOYAMA Talk

Yomoyama literally translates as "mountains in all directions" but is used to mean "miscellaneous things." Here we randomly pick a topic and take you deeper into the complex world of the Japanese language.

Weather Part 2

Continuing on from last month, we will discuss how to express weather conditions in Japanese. You learned simple expressions with simple structures like "Atsui desu" (It's hot) "Ame desu" (It's rain), and "Kaze ga tsuyoi desu" (It's windy) in the previous issue, and this time you will learn a little more elaborate expressions using verbs.

1. (noun) + ga + (verb)

Ex. Ame ga furimasu. (It rains/It will rain.)

This grammatical structure is often used for describing actions and the phenomena that will take place in the future. More examples are:

Kaze ga fukimasu. (Wind blows/Wind will blow.) Hi ga terimasu. (The sun shines/The sun will shine.) Hi ga demasu. (The sun comes out/The sun will come out.) Kiri ga demasu. (Fog appears/Fog will appear.)

2. (noun) + ni narimasu / (noun) + ni narudesho

Ex. Ame ni narimasu. (It will turn to rain.)

We hear expressions using this structure frequently in the weather forecast, such as;

Kyo no yoru, ame wa yuki ni narimasu.
(The rain will turn to snow at night.)

You can replace "ni narimasu/ni narudesho" to "ni kawarimasu/ni kawarudesho" without changing any meaning.

Ex. Kyo no yoru, ame wa yuki ni kawarudesho.

3. (noun) + ga + (te-form of verb) + imasu

Ex. Ame ga futte imasu (It's raining.)

This expression is used for describing progressive condition. Though it's really convenient, the grammar is complicated mainly because it involves the "te-form of verb". Te-form is a verb conjugation pattern that is necessary to master for advanced levels, but the rules for making 'te-form' are difficult. Purely for usage purposes it might be enough to memorize the following verb conjugations for talking about weather conditions; *furimasu > futte, fukimasu > fuite, narimasu > natte, kawarimasu > kawatte, demasu > dete*

We will move on to more elaborate weather expressions next week, in which you will use more "te-form".

manga & anime REPORT

Fish & Sushi Manga

By Yusuke Nomura

The theme of this issue of Chopsticks NY is sushi. So this is the perfect opportunity to introduce manga related to sushi and fish. I will cover three genres, *tsuri* (fishing) manga, gourmet manga, and *sushi shokunin* (sushi craftsman) manga.

Tsuri (fishing) manga has long been a popular genre, and two enduring classics from the 70's continue to delight fans today. *Tsurikichi Sanpei* (Fishing Enthusiast Sanpei) follows the talented young fisherman Sanpei as he enters fishing competitions and strives mightily to overcome rivals. It features beautiful illustrations of giant fish leaping out of the water on Sanpei's line. *Tsunbaka Nisshi* (Fishing Fool's Diary) is the hilarious story of the foolish yet lovable salary man Hama-chan, who blows off his professional responsibilities to go fishing. Even readers without particular interest in fishing will love these manga for their artwork, humor and memorable characters.

Gourmet manga, which focuses on fine cuisine, exploded onto the scene in the 80's during Japan's "gourmet boom". No manga better embodies this genre than *Oishinbo*. This iconic manga takes the reader inside the delicious world of Japanese cuisine while following the mouth-watering adventures of culinary journalist Shiro Yamaoka. Several issues focus on fish and sushi, including an issue entirely on *maguro* (blue-fin tuna), and an English edition entitled Fish, Sushi & Sashimi. Another notable title *Tsukiji Uogashi Sandaime* approaches the gourmet genre from the entirely different perspective of the fish seller. Banker Shuntaro Akagi, quits his job to work in Tokyo's famous Tsukiji fish market where he finds bliss in the fish, the people and the culture.

While gourmet manga highlights the cuisine itself, *sushi shokunin* manga showcases the skills and techniques of sushi chefs often in competitions. *Shota no Sushi* (Shota's Sushi) and *Edomae Sushi Shokunin Kirara no Shigoto* exemplify this genre. The protagonists, sushi apprentice Shota and female sushi chef Kirara, hone their sushi skills and face off against rivals in exciting sushi battles. Food lovers as well as fans of battle manga will enjoy these action-packed favorites.

Alas, in recent times there is increasingly more popularity in non-Japanese *shokunin* (craftsman) titles that include Italian and French chefs, like *Bambino!*, while fish and sushi manga popularity is declining. One factor could be the rise of *kaitenzushi* (sushi-go-round) restaurants. With the Japanese frequenting kaitenzushi and western fast food joints, it may be that they are losing interest in the art of sushi.

Yusuke Nomura
Buyer of anime and manga related products for Kinokuniya Bookstore's Manhattan location. His recommendation is *Oishinbo*.

Yusuke's Pick #1

Tsunbaka Nisshi (Fishing Fool's Diary)
The long-running *tsuri* (fishing) manga spawned both a movie series and an anime series and is beloved by a generation of Japanese fans. The hilarious and heart-warming story focuses on Hama-chan, a salary man who frequently blows off his professional responsibilities to pursue his one passion: fishing.

Yusuke's Pick #2

Oishinbo
This iconic gourmet manga has multiple issues dedicated to fish, sushi, and sashimi, including one in English. Following the adventures of food journalist, Shiro Yamaoka, *Oishinbo* provides an in-depth look at how fish is used in Japanese cuisine. The detailed illustrations will have you rushing to a local sushi shop.

Yusuke's Pick #3

Shota no Sushi (Shota's Sushi)
From the renowned gourmet manga author, Daisuke Terakawa, comes a *sushi shokunin* (sushi chef) manga packed with sushi battle action. In order to save his father's sushi shop from a threatening chain restaurant, sushi apprentice, Shota, must sharpen his sushi skills and defeat rivals in sushi competitions.

Tsukiji: Japan's Kitchen

Going to a market is always the best way to see local life, and Tokyo's Tsukiji Market is not an exception. A place of bustling and shouting workers, crates rolling in the dim light before dawn, people regard this market as the world's seafood hub. With sales exceeding 565.7 billion JPY (the equivalent of US $7.07 billion) annually, Tsukiji is recognized almost as the epitome of fresh seafood, and more than 13,000 visitors come to the market every day from every corner of the world to experience a wide aspect of Japanese culinary culture. Freshness determines the value of the products and visitors can witness firsthand the intensity and magnitude of seafood trading while having a regular stroll inside the market.

Tsukiji Market is most famous for the amount of seafood commodity traded per day, and the auction of giant tuna, one of the top diets among Japanese, is the highlight for visitors. Enormous size and high value of tuna make the auction so unique and remarkable. However, the increasing number of visitors has caused some serious problems at the market, making the market official reluctant to accept public viewing. Aside from reasons of safety for both visitors and workers, ignorant behavior of visitors could harm the quality and the value of seafood products. To maintain safety and product protection, tuna auction viewing is strictly controlled by the guided tours and market rules.

While the market's main building is off limits to ordinary visitors, many retailers in the area called *Jogai Ichiba*, the Outer Market, are very entertaining for shopping. It is almost like a Japanese food museum: seafood products, sushi-related products, cooking tools, tableware, tea equipment, agricultural products, meat, coffee, food ingredients and many other items found in a chef's kitchen are sold. Gourmands, creative amateur chefs and curious shoppers can easily spend a few hours there.

The Outer Market is also occupied by restaurants, and for top quality sushi, this is the place to go. Since their main clientele are seafood professionals, their sushi must be of superior quality. Of course all restaurants access the best and freshest fish right at the market. Market workers start the day very early in the morning, as do the restaurants to fulfill the hunger of energetic market workers. Even for general visitors, their business hours are convenient for sushi brunch or lunch. So when visiting Tsukiji, as restaurants are small and long lines can easily form, with most of the hustle and bustle of the market fading out by midday, catch the best of what Tsukiji can offer and go as early as possible.

(Left) Although the public viewing of the tuna auction in Tsukiji Market is organized under strict rules, you'll be overwhelmed by the energy of the auction and tremendous amount of tuna once you get in.

(Above) Jogai Ichiba (Outer Market) bustles with lots of vendors selling not only fish and vegetables but also dishes using the freshest ingredients from Tsukiji Market.

GREAT WAYS TO EXPLORE TSUKIJI MARKET

In-depth opportunities to see what goes on daily at Tsukiji Fish Market can be experienced by special tours.

1) Auction Viewing Tour

In order to protect the safety and quality of fish, a view of the tuna auction is restricted to small guided tours with strict rules and guidelines.

- The market organizes two viewing tours per day at 5:25am and 5:50am.

- Each tour has a maximum capacity of 60 people on a first-come-first-served basis.

- No reservations are taken, so you must register at the Fish Information Center on the day of the tour. The registration starts at 5am. (http://www.tsukiji-market.or.jp/tukiji_e.htm)

2) Tsukiji Fish Market Guided Tour

There are many types of Tsukiji guided tours that vary in length, destination spots, and attractions available. English or Chinese guided tours are also offered. You can apply online, but they fill up very quickly, so you should plan ahead of time.

Tsukiji Information Center
Tsukiji KY Building 2F
4-7-5 Tsukiji, Chuo-ku, Tokyo 104-0045 JAPAN
TEL. +81-3-3541-6521 / www.tsukijitour.com

3) Tsukiji Outer Market and Sushi Workshop

Get hands on experience and learn to make sushi with a professional instructor from Tsukiji Kiyomura Sushi Zanmai, creating your own sushi lunch. Tour leaves at 9:00am from Hamamatsucho Bus Terminal by subway and ends at Tsukiji Market at 1:30pm. For available tours on desired dates please see the JTB organized tour www.japanican.com/tours/

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The World Heritage Sites of Japan

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(Recognized by UNESCO in 2004)

The Kii Mountains stretch over three prefectures--Mie, Nara and Wakayama -and the three sacred sites in the area are connected by pilgrimage routes that lead to the ancient capitals of Nara and Kyoto. One of the three sacred sites, the Yoshino and Omine area, has steep mountains and serves as the sacred center of Shugen-do, the Japanese religion that combines Shintoism, Buddhism, Taoism, and mountain worship. Another site, Kumano Sanzan, is the head shrine of 3,000 shrines known as the Kumano Jinja Shrines Kova-san, another site, is the deep forest where Kongobu ji Temple, the head temple of Shingonshu, is situated The World Heritage Sites beat exceptional testimony to the development of Japan's religious culture over one thousand years

Photo courtesy of Heiwa,gaichiban (http://he wa ga ichiban.jp/)

Overcoming The Disaster

Gratitude from Japan to the World

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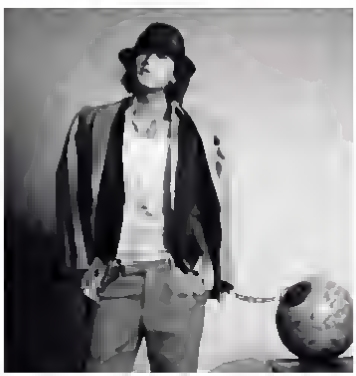
MARCH MADNESS FOR JAPANESE MUSIC

BY VICTORIA GOLDENBERG

Spring is on its way. In addition to bringing flowers and warmer weather, this year it's also ushering several great Japanese concerts into the tri-state area. This March, Japanese musicians from the classical, pop, and indie rock genres will perform in New York City in venues ranging from small clubs to huge arenas. No matter what your musical taste is, you are sure to find a show you like.

Long-running pop-rock band **L'arc-en-Ciel** will be the first Japanese band to headline the main stage at Madison Square Garden on March 25, as part of their 2012 world tour. "Laruku," as they are known to fans, formed in 1991 and have become one of J-pop's enduring and best known modern groups thanks to their catchy tunes and down-to-earth outlook, and singer Hyde's good looks and soaring vocals. Americans might best recognize them for their musical contributions to anime such as *Fullmetal Alchemist* and *Mobile Suit Gundam 00*. While Hyde's other band Vamps has toured the United States twice in the past three years, Laruku has only performed in America once before, at the anime convention Otakon in 2004. Since the March 25 concert takes place in Madison Square Garden, which seats 20,000 people, fans can expect a show with production values on par with their Japanese tours and the chance to hear their new album "Butterfly", along with classic hits.

Pop fans will rejoice at **Jin Akanishi**'s return to New York City on March 15 at the Best Buy Theatre. Akanishi debuted as a member of Johnny's Entertainment boy band, KAT-TUN in 2001, and quickly became one of its most popular members. In July 2010, he became a full-time solo singer, and performed a series of concerts in the United States later that year. He released his first U.S. single, the dance song "Test Drive featuring Jason Derulo" last November, with his second follow up U.S. single "Sun Burns Down" released in January. His debut English-language album, 'Japonicana" will be on sale March 6.



If you prefer something more underground, you have the choice of **Exist Trace** and the annual Japan Nite tour. **Exist Trace** is from the Visual Kei scene, which could be described as a mix of gothic and glam rock styles popularized by bands such as X Japan and Buck-Tick. However, while most Visual Kei bands are all-male, all the members of Exist Trace are female. They debuted in 2003 as an indie death metal band, and steadily picked up popularity before signing to a major label in 2011. Exist Trace debuted in the United States last year by performing at the anime convention Sakura-Con, and are returning for a full tour this year. You can catch them at the Hiro Ballroom on March 18.

"Japan Nite" is a long-running omnibus show that starts out at the legendary South by Southwest music conference and then travels the country. Its focus is on bringing cutting edge, unique-sounding Japanese bands to the United States. This year's New York show takes place at the Brooklyn club Public Assembly on March 19, and includes rock bands The Akabane Vulgars on Strong Bypass and Nokies!, post-punk trio ZZZ's, and more to be announced.

If you're not into pop or rock music but you do like classical, you have the opportunity to see the prodigy violinist and philanthropist **Ryu Goto** at Carnegie Hall on March 20. Goto, a Japanese-American, debuted at age 7 when he performed at the Pacific Music Festival in Sapporo. From 1996 to 2006, Fuji TV aired a program about Goto's music and life titled *Ryu Goto's Odyssey*. He released his first, self-titled album in 2005 and subsequently sold out his first Japanese tour. Goto has a distinctive style influenced by the guitarist Jimi Hendrix, and on March 20, he will apply his style to the music of Ludwig van Beethoven and Sergei Prokofiev.

Spring is a time of renewal, and this March offers many exciting concerts to freshen your experiences.

Victoria Goldenberg is a freelance music journalist. Her work appeared in *purple SKY, The Aquarian Weekly* and more.

CONCERTS SCHEDULE FEATURED IN THIS ARTICLE

March 15 Jin Akanishi @ Best Buy Theater
March 18 Exist Trace @ Hiro Ballroom
March 19 Japan Nite featuring multiple Japanese bands and musicians @ Public Assembly
March 20 Ryu Goto @ Carnegie Hall
March 25 L'arc-en-Ciel @ Madison Square Garden

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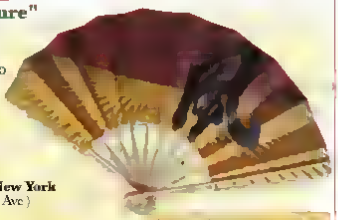

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Charms in Japan -Vol.3-

Teru Teru Bozu

If you would want to wish tomorrow to be fine, what would you do? In Japan, people hang Teru Teru Bozu, a white doll which looks like a Marshmallow Man, under the eaves for wishing a fine day. Teru Teru Bozu doll is easily made, and even small kids can do it. Wad up the cotton (or soft tissue paper) to make the head of the doll and place it in the center of a square cloth. Then, wrap the cotton (or tissue) ball in the cloth and tighten it with thread or ribbon to make the neck. Finally, draw eyes and a mouth on the head. Although there is no scientific proof of the doll's power, children often make it before their school trip or field day.

Courtesy of Bruxia Nishimura / http://members.at.infoseek.co.jp/bruixa/
Illustration by Mikiko Kanno

event entertainment leisure

THE EVENTS AND SERVICES PROGRAMMED FOR JAPAN RELIEF ARE MARKED ♥

Exhibition

March 6-April 1 FREE

4 Art Exhibitions by 4 Japanese Artists

Onchi Gallery

Japanese art gallery in Brooklyn will present weekly exhibitions featuring one artist at a time. From Mar 6-11, "I Can Only Be Me!" by Kuroiomoju. From Mar 13-18, "close to bliss" by Seiko Ogisho. From Mar 20-25, "Crossover" by Teppei Yamashita and from Mar 27-Apr 1, "OPEN ART 2.0" by Kazuhiro Mizumoto. Opening receptions will be held from 7-10 pm on the first evening of each exhibition. Please note you need to make a reservation on Wednesdays.

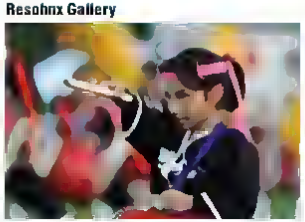
Location: 170 Tillary St., Suite 507, Brooklyn, NY 11201

www.onchigallery.com

March 11 – April 1 ♥ FREE

Photo Exhibition by Isami Shiroma, on the Anniversary of the Tohoku Earthquake

Resohnx Gallery



On the one year anniversary, a photo exhibition in memory of the 2011 Tohoku earthquake and tsunami. Opening benefit March 11 from 5-9 pm, including live music by Water Brain, and an appearance by Stu Levy, director of the documentary film "Pray For Japan." Mr. Shiroma will donate the proceeds of all photo and poster sales to the Taylor Anderson Memorial Gift Fund, created in memory of a young American English teacher deceased in the tsunami.

Location: 41-26 27th St., Long Island City, NY 11101

TEL. 718 784-3680 / www.resohnx.com

Performance

March 6 ♥

"Overcoming the Disaster, Gratitude from Japan to the World,"

The Japan Foundation

The Japan Foundation will present "Overcoming the Disaster, Gratitude from Japan to the World." The event features noted musicians from Japan of various genres, including artists from Tohoku, the region most greatly impacted by the disaster. The concerts will show that Japan is steadily heading towards recovery with a new "kizuna" – bonds of friendship – with the International community. Through this project, they wish to convey a message from the citizens in the affected areas to the international community. For ticket information, please call or visit their website.

Location: Rose Theater Frederick P. Rose Hall, Home of Jazz at Lincoln Center

132 W. 65th St. (bet. Broadway & Columbus Ave.)

New York, NY 10023

http://gratitude-concert-march6.org/

March 11 ♥

Theatre Performance for Tohoku Earthquake

HIKOBAE PROJECT

Currently working with Soma City, Fukushima Prefecture, Japanese director, Toshi Shioya, created "HIKOBAE PROJECT" to assist in the reconstruction after the Tohoku earthquake. As part of the project, a performance called "HIKOBAE" will take place. It is a true account of what was happening in the medical field during the time of the Tohoku earthquake and the heroic doctors and nurses who fought devotedly to protect people's lives while they themselves were in danger.

Location: Alvin Ailey Theatre

405 W. 55th St., (at 9th Ave.)

New York, NY 10019

March 11 ♥

Shinsai Theaters for Japan

Theatre Communications Group

For the first anniversary of the earthquake, Theatre Communications Group (TCG) will stage multiple fundraising events for the Japanese theatre community affected by the disaster, with audience donations distributed through the Japan Playwrights Association. Participating theatres will stage fundraising events featuring a menu of 10-minute plays and songs donated from major American and Japanese artists, including Edward Albee, Philip Kan Gotanda, Richard Greenberg, John Guare, Oriza Hirata, Naomi Iizuka, Stephen Sondheim and John Weidman. New York City events will include two shows at Cooper Union at 3 pm and 8 pm, featuring all-star casts.

Info: www.tcg.org/shinsai

March 11

Salon Series "Seiza, the Japanese Way of Sitting in the Arts and Life"

Sachiyo Ito & Company

Now in its 14th year, the Salon Series is a series of performances, informative and educational lectures, and lecture-demonstrations on the performing arts of Japan, held three times a year on Sunday afternoons. Presented by Sachiyo Ito & Company. Salon Series No. 42 will be titled "Seiza, the Japanese Way of Sitting in the Arts and Life" and will explore Seiza, the Japanese way of sitting on the knees, in life and as it exists in the arts. An excerpt from a kabuki dance, Kagamijishi will be followed by a discussion about how the Japanese sit in daily life, and in the arts such as in tea ceremonies and dance. Their special guest, physical therapist, Jeremy Saber, will explain about the functions of knees, issues in seiza, and also give a special talk entitled,

"How to Save Your Knees"
Location: Isaac Cultural Institute
43A W. 13th St. (bet. 5th & 6th Aves.), New York, NY 10011
Info: www.dancejapan.com / TEL. 212-627-0265

March 15
New Album Release & U.S. Tour
Jin Akanishi

Japanese pop star and groundbreaking U.S. crossover artist, Jin Akanishi, has set a release date for his highly anticipated U.S. debut album titled "JAPONICANA." This album showcases dynamic beats and stirring lyrics in continuation of his recent highly successful #1 iTunes single, "*Test Drive* featuring Jason Derulo." "JAPONICANA" will be available for purchase in-stores, through iTunes and at all major digital retailers starting Mar. 6. Also, a five city U.S. tour will immediately follow the album release, including a concert at the Best Buy Theatre in New York City on Mar. 15. For more information, please visit Jin's official website: www.jinakanishiusa.com.
Location: Best Buy Theatre
1515 Broadway (bet. 44th & 45th Sts.)
New York, NY 10036
TEL. 212-930-1950
www.bestbuytheater.com

March 25
New Album Release & World Tour
L'Arc-en-Ciel

Iconic Japanese rock band, L'Arc-en-Ciel is releasing their long-awaited new album "Butterfly" in North America on Feb. 8. Available for download via iTunes, the album includes the hit song "Good Luck My Way" featured in the movie version of the highly popular anime full-length feature film, *Fullmetal Alchemist: The Star of Milos*. Following the release of "Butterfly", the band will embark on their 2012 World Tour and return to the U.S. for the second time in 20 years on Mar. 25 with a historic performance at New York's legendary Madison Square Garden. Tickets are available now at www.ticketmaster.com.

Location: Madison Square Garden
7th Ave. & 32nd St., New York, NY 10001
TEL. 212-465-MSG1
www.thegarden.com
Info: www.larc-en-ciel.com

Lecture/Forum/ Film/Festival

March 9
Jiro Dreams of Sushi
Magnolia Pictures
Scheduled to open in New York City on March 9, *Jiro Dreams of Sushi* is a documentary film starring 85 year old Jiro Ono, considered by many to be the world's greatest sushi chef. At the heart of this story is Jiro's relationship with his eldest son Yoshikazu, the worthy heir to Jiro's legacy, who is unable to live up to his full potential in his father's shadow. Officially selected at the 2011 Tribeca Film Festival, this thoughtful and elegant meditation on work, family, and the art of perfection chronicles Jiro's life as both an unparalleled success in the culinary world, and a loving yet complicated father.

March 5, 12, 19, and 26
Introductory Class for Zen Archery
Toko KYUDOJO, Inc.
Kyudo means "the way of the bow." The practice of Zen Archery is moving meditation. Toko Kyudojo will offer a beginners program on 4 consecutive Mondays in March. This "First Shot" program introduces new students to the 7 coordinations and will give them the foundation to continue with weekly classes. The fee is $200 and includes 4 weeks of the program and 4 additional weeks of classes. Equipment is also included. To register please visit Toko's website.

Location: 118 W. 22nd St. 6th Fl., (bet. 6th & 7th Aves.)
New York, NY 10011
TEL. 212-613-0939
www.tokokyudojo.org

Event

February 26 FREE
Hinamatsuri Kid's Day Event
Kiteya Soho
Kiteya Soho, a shop that carries traditional Japanese small goods and accessories, as well as kimono items, will hold a special Kid's Day event in celebration of Japan's Hinamatsuri Girl's Day festival. From 1–2 pm, children can enjoy songs, simple story reading and handicrafts at no cost, to be finished with some snacks. This time, Emperor and Empress decorations will be made with Japanese paper. Reservations are necessary as participation is only limited to 12 children from 4–6 years old. For reservations please call or email contact@kiteyany.com

Location: 464 Broome St.,
(bet. Mercer & Greene Sts.)
New York, NY 10013
TEL. 212-219-7505
www.kiteya.com

March 2 & 4
Tohoku Food Event
Reiko Yamada, Miyagi Recovery Support Center
Japanese food consultant and chef Reiko Yamada, is organizing an event in support of the Tohoku Earthquake disaster in the northeastern region of Japan. The event will showcase the treasures of Miyagi Prefecture, including specialty food products that were locally produced like seaweed rice crackers, kelp, shark fin's soup and miso as well as handcrafted towels. Events include an introduction to and tasting of recipes using Miyagi ingredients, a photo exhibition and video screening of the disaster area, a lecture on needs for the reconstruction, a charity sale of handmade goods and products from Miyagi and a chance to write postcard messages to the producers and victims living in the affected area. Support Tohoku by buying and eating.
Location: March 2: Japan Society
2 W. 47th St., (bet. Madison & 5th Aves.), 7th Fl.
New York, NY 10036

March 4 – NJ Japanese Christian Church
120 East Pleasant Ave., Maywood, NJ 07607

Info: tohotetohoku302@gmail.com

March 7 – 11
Dine out for Japan – Restaurant Week
In memorial of the one year anniversary of the Japan

Tohoku earthquake and tsunami, over 30 Japanese restaurants in NYC and the tri-state area will be participating to donate a portion of their sales to the Japan relief fund in support of relief efforts. Some restaurants will promote dishes featuring Japanese ingredients or offer new menus specifically created for Dine Out for Japan. Take advantage of exploring the beauty of Japanese cuisine, by enjoying a delicious meal while supporting a good cause. Refer to the website for participating restaurants and menus.

www.timi.asia/dineoutforjapan

March 17 - April 13 FREE

Solo Exhibition: Hiromitsu Kuroo

Makari

Located in the East Village Japanese antique shop Makari is presenting a solo exhibition featuring collage painter Hiromitsu Kuroo. Born in Yokohama, Kuroo is a collage painter working in the tradition of Ongami (the art of folding paper). In his case, the canvas serves as the paper, and the gentle manipulation of its surface is how he conveys intricate textural landscapes. The multiple layers of colors in his folded canvases are revealed through the crafted sanding of the canvas surface. Interested in the juxtaposition and vitality of collaged pieces of canvas, he uses them to accentuate other emerging shapes in his compositions. Opening Reception will be held on March 17, 5-7pm.

Location: 97 3rd Ave. (bet. 12th & 13 Sts.), New York, NY 10003
TEL. 212-995-5888 / www.themakari.com

March 17 FREE

Open House Karate Class

Kyokushin Karate

Official IKO USA Branch, Kyokushin Karate New York (KKNY) is holding an Open House on Mar. 17 at all 3 Kyokushin locations: Midtown NYC, Harrison NY & Edgewater, NJ. Geared for beginner adults and kids, no special equipment or uniform is needed to attend this event. Also, Open House attendees will receive a New Student's Coupon worth $50 off registration if they decide to join. Call to RSVP in order to secure a spot, space is limited.

Location: (Manhattan)
265 Madison Ave., 5th Fl. (at 39th St.), New York, NY 10016
TEL. 212 947 3334 / www.kyokushinkarate.com

March 19

1 Day Only Charity Discount

Michi Beauty Salon

In remembrance of the 1 year anniversary of the Tohoku earthquake in Japan, Michi Beauty Salon will offer the following services at half price: blow dry ($20), men and women haircuts including blow dry ($30) with the total sales donated to the disaster area given through the Japanese American Association. This event is in joint participation with WAVE55 salon, as both salons would like to contribute to this tragedy. Discount offered from 10 am to 8 pm. Those wishing to know more information, please contact Michi Beauty Salon. Appointment only.

Michi Beauty Salon
Location: 208 E. 60th St., 2nd Fl.
(bet. 2nd & 3rd Aves.)
New York, NY 10022
TEL: 212-752-9229

March 29

Heihachiro Premium Potato Shochu

Umi no Ie

Umi no Ie is a peaceful shop serving small dishes through nostalgic and hearty home cooking, with a selection of over 60 kinds of shochu to enjoy. On Mar. 29 from 7 pm there will be a Heihachiro Premium Potato Shochu event. Heihachiro, distilled by Kyoya Distiller & Brewer in Miyazaki Prefecture, is characterized by a bold and persistent flavor. It is versatile in pairing and especially known as a superb match with equally bold cuisine like yakiton barbecue, and teriyaki. For the coming cherry blossom season, you can enjoy a course of spring vegetables and seafood, meat and rice dish with all you can drink Heihachiro Premium Potato Shochu for 2 hours. Limited to only 20 people, please reserve early.

Location: 86 E. 3rd St., (bet. 1st & 2nd Aves.)
New York, NY 10003
TEL: 646-654-1122
www.downtownuminole.com

Happenings

Chopsticks NY Reader Exclusive: Online Boutique Spring Clearance Sale for

Editedbyeric

Online, high end select shop, editedbyeric.com will have a 50% off discount on New Year's gift items, just enter the promotion code "spring 2012." In addition, when you purchase an item you'll receive a free scarf as a gift from editedbyeric. Editedbyeric sells a selection of stylish clothes, accessories, bags, and scarves for men and women in their 20s through 40s, carrying over 20 brands including Asian designers such as Alexander Yamaguchi and Aritaka Uryu as well as New York and European designers like Bottega Veneta, Lora Piana, Saint James and Monya.

www.editedbyeric.com
TEL. 212-221 3290

10% Discount on All Services

Toah Hair Supreme

Through attentive, one-on-one counseling, this salon creates individualized hairstyles for each customer. Using a dry cut technique, you can get a natural-looking style that is long lasting and easy to maintain. Until Mar. 31 new customers can receive 10% off on all services offered. With a massage parlor in-store, this healing salon also offers shiatsu services (helpful in removing stiffness in the body) with full body massages at a reasonable $35 for 30 minutes and $60 for 1 hour. So in addition to getting a beautiful hairstyle you can get a relaxing massage at the same time.

Happenings Feature

Immersing in Japanese Traditional Kimono Culture

Kimono House

The "Kimono Day" event took place this past weekend at Kimono House, the Japanese kimono boutique located in SoHo, NYC. Kimono specialists demonstrated and explained the art of wearing this traditional Japanese garment. Attendees of this fun and special event had the opportunity to learn the basics of wearing a kimono as well as some advanced kimono knowledge.

Location: 131 Thompson St.
(bet. Prince & W. Houston Sts.)
New York, NY 10012
TEL: 212-505-0232
kimonohouse.blogspot.com

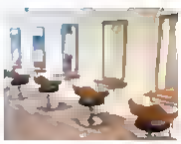
Tash Hair Supreme
Location: 1550 Lemoine Ave., Fort Lee, NJ 07024
TEL: 201-461-5642 / 201 461 3637 / www.toshhair.com

Tokyo 3 Night / 5 Day Package
Kintetsu International Express

In celebration of Japan Airlines new non-stop service from Boston to Tokyo, Kintetsu International Express will offer a special package. Starting from $1547.50 (including all fees and taxes) package includes round trip airfare on Japan Airlines from Logan to Narita airport, with transfers from/to Narita and 3 night's accommodations at Akasaka Excel Hotel Tokyu. Additional nights, optional tours and Japan Rail Passes are available. Chopsticks readers will be given a 5% discount on the Japan Rail Passes if purchased with this package. Prices are subject to change.

Location: 1290 Avenue of the Americas, (bet. 51st & 52nd Sts.)
Ste.900, New York, NY 10104
TEL: 1-800-422-3481
www.japanforyou.com / info@japanforyou.com

March Special Discount on Head Spa
Hearta New York Salon



Chic Japanese hair salon in posh Madison Avenue and 58th Street neighborhood is offering a huge discount on Head Spa and Hand Massage Set during the month of March. Regularly $60, the blissfully relaxing set will be only $39. Head spa is known for its effect on hair and scalp rejuvenation. Reset your hair and scalp health for the upcoming warm season.

Location: 40 E. 58th St., 2nd Fl., (bet. Park & Madison Aves.)
New York, NY 10022
TEL: 212-810-6900 / www.heartany.com

50% Off Package at Relaxation Spa
Ido Holistic Center

This spa, specializing in Japanese shiatsu massage, will offer a half price discount on their deluxe package, normally offered at $185, it is a steal at $88. The package includes a 30 minute herbal sauna, 1 hour massage and a 15 minute special treatment (choose one from facial, shiatsu, reflexology, zen stretch, immune boost). Based on a holistic system of traditional eastern medicine, shiatsu is a massage technique used to correct the body's imbalance applying pressure with only fingers, palms and thumbs on points related to the central nervous system. Get rid of NYC stress with a trip to Ido Holistic Center.

Location: 22 E. 49th St. 3rd Fl., (bet. 5th & Madison Aves.)
New York, NY 10017
TEL: 212-599-2443 / http://idocenter.com

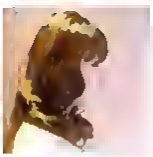
Mommy & Me and Hiragana Practice Classes
NYCNDA (Let's Play in Japanese)

Join Japanese language and culture center for children, NYCNDA for two learning and activity programs this spring. Starting Apr. 20 "Mommy & Me" Japanese classes for mothers and infant's ages 0 to 14 months will feature songs and Japanese hand play activities that allow for mothers to build strong bonds with their tots as well as reading children's picture books in a relaxing environment. Fathers are welcome too. Also, starting Mar. 30, NYCNDA will combine their introductory and intermediate classes to address each child's specific skill level for their hiragana practice class. Children ages 3 5—5 years will have an introduction/review of hiragana recognition featuring games and play, and after-school children ages 5-7 years will practice writing while building up their vocabulary.

Chopsticks NY Readers will receive 5% off of any Spring 2012 pass purchases when mentioning "Chopsticks" during registration. For more information, visit NYCNDA's website for pricing and details.

Location: 315 E. 5th St. (bet. 1st & 2nd Aves.), New York, NY 10003
TEL: 212-677-3252 / www.nycnda.com

Special Promotion on Salon Services for Chopsticks NY Readers
Giovanni & Sacchi



With a stylish 1940's and early '50s decor, Giovanni Sacchi Hair Salon specializes in color, perms, haircuts, and much more! For the month of March, Giovanni & Sacchi Hair Salon is offering $99 on a color/cut & blow dry (reg $110-$120) for Chopsticks NY readers. Just mention Chopsticks NY and you will also receive a free Ionic Condition Treatment or styling with curl (a $20 value).

Location: 1364 Lexington Ave., (bet. 90th & 91st Sts.)
New York, NY 10128
TEL: 212 360-5557 / www.giovannisacchi.com

Leading Beer Brand Passes Sales Landmark
Sapporo U.S.A., INC.

Annual sales of "Sapporo Premium" sold by Sapporo U.S.A., a subsidiary of Sapporo International, has reached a new milestone. With sales of 3.13 million cases in 2011, Sapporo U.S.A. has exceeded the three million case mark since its establishment in 1984 and is continuing its goal to become a top 10 import brand. According to the Beverage Information Group, the Sapporo brand in the U.S. has maintained its position as number one Asian beer since 1986, while accounting for more than half of the market share among the Japanese-based brands in the year 2010.

Location: 11 E. 44th St., Suite 705
New York, NY 10017

20% Off Discount Japanese Green Kokeicha
SarendipiTea

SerendipiTea is an environmentally responsible boutique importer specializing in organic and all-natural tea products. They are now offering 20% off Japanese Green Kokeicha (4 oz boxes, 1 lb bulk bags) for Chopsticks NY Readers. When you make your online purchase, be sure to enter "CHOPNY-MARCH" in the comments field when you check out to take advantage of this discount. In addition, customers will be given a "surprise gift" to show how much they appreciate your business.

Location: 73 Plandome Rd., Manhasset, NY 11030
TEL: 516-365-7711 / www.serendipitea.com

$ Deal of the Month $

40% Off

all treatments with stylist, Kazu

Michi Beauty Salon

For spring promotion, until Mar. 31, this Midtown salon will offer 40% off all treatments with stylist Kazu. With regular prices of $60 for a haircut, from $65 for color and treatment starting at $40, this discount deal is a perfect opportunity to get ready for spring with a new look. Hailing from Tokyo's Shinjuku and Ikebukuro, with over 10 years experience and having participated in this year's NY collection, Kazu specializes in make-up and up-dos for parties.

Michi Beauty Salon
Location: 208 E. 60th St. 2nd Fl., (bet. 2nd & 3rd Aves.)
New York, NY 10022 / TEL: 212-752-9229

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